

VVES Principal Retiring After 21 Years of Service



Visitation Valley Elementary School Principal Vincent Chao is retiring at the end of the current school year.

After more than two decades at the helm of Visitation Valley Elementary School (VVES), Principal Vincent Chao recently announced his retirement.

Mr. Chao had previously served as administrator at both Jose Ortega and Treasure Island elementary schools beginning in 1985 after teaching for the previous five years.

He received his teaching credential from S.F. State University and his administrative credential from USF.

"I still remember when I was first appointed principal of Visitation Valley Elementary School in 1989, and found the school on the city map, he explained. "I came out to a totally unorganized neighbor-

hood with few leaders and practically no support services for children or even adults."

Mr. Chao soon started attending City Department public hearings where he adamantly advocated for services needed by the Valley. His persistence eventually helped in new clinics, mental health centers, afterschool programs, home-childcare facilities, and various other neighborhood associations and organizations to improve the neighborhood.

Twenty years later, as he prepares to retire from what he considers his "second home," Visitation Valley is prospering, much safer than before, well-organized and well-served.

"The school is safe and academi-

cally very successful," he said, noting that "Little Vis" had an A.P.I. of 835-850 in the STAR test for four straight years, ranking seven or eight statewide and ten compared to similar schools.

VVES also won the Title I Achieving School for five years in a row. Two years ago, a VVES teacher was selected "Teacher of the Year" by the Milken Family Foundation.

Mr. Chao has dedicated almost his entire career to VVES and the neighborhood.

"I've made my contributions to their improvement over 20 years, and now it's time for me to retire and move on. I will always keep fond memories of the school community and the community folks at large."

Disc Golf Debate

McLaren Park Under Attack

by Dan Pavloff

Around the first of April 2010, flyers were posted in and around McLaren Park warning that a Disc Golf Course was about to be installed in the park. The flyers advised those who cared about the park to show up for either a walking tour of the proposed course and/or to attend a San Francisco Recreation and Parks Department (SFRPD) public meeting.

Oddly this public meeting had not been advertised to the neighborhood. Equally odd, most of the flyers alerting the community had mysteriously been torn down over and over. Nevertheless, the then-anonymous poster-maker (Portola resident and retired teacher Melanie W.) persisted, and lovers of the park were alerted.

On April 10th 2010, many neighbors, walkers, hikers, dog owners, and friends of the park attended a walking tour sponsored by the San Francisco Disc Golf Club in conjunction with SFRPD. Jeffery Bowling, spokesperson for the Disc Golf Club, co-lead the walk with Karen Mauney-Brodek of SFRPD.

Mr. Bowling happily explained the virtues of the 18-hole disc golf course. He stated that each of the 18 holes would be 300 feet long, about the size of a football field, (although the club's website says they are 500 feet long)

For each of the eighteen holes, a permanent 10 x 4 foot-long concrete pad would be installed to support a metal pole with a basket draped in chains to catch the disc.

Mr. Bowling went on to state that there would be little or no environmental damage to the park. What Mr. Bowling did not elaborate on was the fact that the a new disc golf course will occupy a minimum of 25 acres in the very heart of the McLaren Park.

Eleven of the eighteen holes are in locations that SFRPD itself has designated as "environmentally sensitive" and 10 of the 18 holes, are in the heart of the off-leash Dog Play Area. The off-leash Dog Play Area was created by SFRPD as the conclusion to a long struggle led by dog enthusiasts.

What dog doesn't like to chase Frisbees? The proposed disc golf course will create immediate friction between the disc golfers and the dog walkers.

There is an 18 hole disc golf course in Golden Gate Park already. One retired gardener from that park stated that when the gardeners were asked what they thought of the course, they noted the damage to the trees and the erosion issues, but the course was put there in spite of their objections with only a token Environmental Impact Report.

When park-lovers expressed grave concern about the disc golf course, SFRPD representatives, Mauney-Brodek and Lisa Wade, announced that the course had already been approved in 2005! When questioned about this, Ms. Wade stated that public announcements had been made in 2005, but apparently "the public" consisted of The San Francisco Disc Golf Club.

None whom love and regularly use McLaren Park and consider themselves a "friend" of McLaren Park can recall seeing a notice of any kind. If even one person had been informed, word would have spread like wild fire.

This issue was brought to the community in 1997 however when the Disc Golf Club presented the idea at a meeting with the Friends of McLaren Park. That gathering was very emotionally-charged, and the community answered in one voice, "NO!!!!!!"

The communities and residents closest to McLaren Park have not changed their minds.

They were caught off-guard by this latest assault. Although SFRPD still insist notification was given, not one person who uses the park claims to have received any notice or saw any posted. Despite this lack of clear notification, it didn't take the neighborhood long to regroup.

In little over a week, a new group was ready to join the battle. During the walking tour, Dartmouth Street resident and film arts writer, Mara Math, collected email addresses from people concerned about the disc golf course, which she used to create an organizing collective, with the crucial assistance of Cayuga Street resident and electrical engineer Ken McGary.

"I've never been involved in anything like this before or anything political," said McGary, "but I am passionate about the park and I knew I had to do something."

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Musicians Debut Educational Music CD by Valley Teacher

While lawmakers and administrators appear to be cutting school music and arts budgets even more this year in California, San Francisco school teacher Marisa Martinez is hoping to help kids learn while getting a big dose of musical inspiration with her newly-released compact disc, "ABC And Chickens."

A San Francisco album release party at Restoration Workshop, 630 Treat Ave., Suite C, on Friday June 4 from 7 to 10 p.m. will celebrate the new record.

Tuning for Tots is a benefit concert to support music in the schools through the production and sale of an educational CD for children created by Martinez, a kindergarten teacher and longtime San Francisco musical performer.

After completing her master's thesis on the crucial interaction between music and art in a young student's educational development, Martinez realized that ongoing cuts in music classes both in her San Francisco Unified School District and hundreds of schools across the country were robbing students of that important component of schooling.

Aimed at the pre-K to 2nd grade set, the 18 songs on *ABC And Chickens* help kids learn counting, naming the days of the week, spelling, social skills and other important lessons. Mrs. Martinez is a long time El Dorado teacher as this is her 15th year at El Dorado Elementary Community.



Teacher Mansa Martinez with students and staff at El Dorado Elementary.

Working with San Francisco producer Phil "Philbillie" Milner, Martinez gathered a few friends who happen to be some of the most noteworthy players in San Francisco, all former or current band mates: guitarist Eric McFadden (George Clinton, Eric Burdon), drummer Paulo Baldi (Les Claypool, Cake), cellist Sam Bass (Les Claypool), bassist/tuhist Ed Ivey (Faraway Brothers, Brass Monkey Brass Band) and multi-instrumentalist Jenny Kerr and Mike Anderson on Bass.

Martinez composed most of the songs and sang or played on every cut. The recording sessions were great fun for the musicians and more than a few admitted they learned something new just being involved.

See www.abcandchickens.com for more information.

A suggested donation of \$10 to 20, sliding scale is requested. Proceeds from the concert will help defray production costs, and proceeds from CD sales will help provide materials for ongoing music classes which have been cut due to the current budget crisis in California, a cutback that has hit SFUSD especially hard.

Martinez's school in the city serves students from the highest-poverty areas in the city, and her commitment to making the difference for kids who will truly benefit from her passion has become well-known to parents struggling to keep their youth moving forward as the district continues to cut programs.

Expansion of Summer Youth Programs

Mayor Gavin Newsom on May 11 announced that the City is expanding summer youth programs to help make up for the decline in the San Francisco Unified School District's (SFUSD) summer programs as a result of state budget cuts.

"Keeping youth active and engaged during the summer months is important for families and the community," said Mayor Newsom. "San Francisco is not going to let state budget cuts get in the way of providing good summer options for youth."

The Recreation and Park Department has stepped up and expanded its summer day camp programs, offering kids more than 28,000 total slots in 57 different camps for a total of more than 20,000 program hours.

In addition, Learn-to-Swim programs have been increased by 200 percent.

For the first time, the San Francisco Housing Authority and Recreation and Park Department are also partnering to offer free camp slots and free slots in Learn to Swim programs to all children living in public housing.

Rec and Park offers a variety of camps, from traditional outdoor camps to new offerings like science camp, aquatics camp and an urban adventures camp. Art camps, tennis camps and even a cooking camp are also available.

"Our camps are traditionally some

of the most popular programs in the city," said Phil Ginsburg, general manager of the Recreation and Park Department. "We're proud of the quality and variety of our camps and proud to offer families an excellent alternative to summer school this year."

RPD also has a robust youth scholarship program to ensure that no child is turned away regardless of the ability, or inability, to pay.

For more information, parents can call (415) 831-6800 during business hours or sfreonline@sfgov.org.

On the jobs front, the San Francisco Office of Economic and Workforce Development (OEWD) is using funds to run a summer jobs program for approximately 250 low income youth.

The department is also working with the Human Services Agency (HSA) to leverage JobsNow funds to expand the number of youth served.

OEWD was also recently awarded a \$500,000 state grant to implement a summer jobs program for youth ages 16-18 that are academically at-risk.

The department will be working with the SFUSD, Japanese Community Youth Council, Hunter's Point Family, Community Youth Council and Jewish Vocational Services to provide paid work experience and academic enrichment training for an additional 200 youth who are not on-track to graduate.

Grapevine Mailbox

Burglaries in the Valley

There have been a series of burglaries in the Visitation Valley area bordered by Mansell Street, San Bruno Avenue, Bayshore Boulevard and Arleta Avenue.

Although this area is considered Visitation Valley, it sits on a scenic hill nestled next to McLaren Park. It has extraordinary views of downtown, the bay and the peninsula. It could almost be called "Visitation Valley Heights."

The last burglary occurred on Ordway Street. The suspects had already stolen the car from the garage and a flat panel television from the living area, when the victim returned home. One suspect was still in the home and assaulted the victim, as he discovered the theft. There are several things to consider:

1. It appears there are multiple suspects committing these crimes, rather than a sole perpetrator.
2. The suspects have knowledge of the residents' movements. One or more may live in the area.
3. Neighbors need to look for unusual or suspicious activity, such as strangers quickly entering a home or a side door.
4. Neighbors need to report suspicious activity to the police.
5. Neighbors need to speak to each other and inform each other about the burglary series.
6. If you return home and find it was broken into, call the police. If you feel unsafe, immediately walk out and wait for the police at a neighbor's house.

Ingleside Captain Louis Cassanego

Facts on Prop 16

On June 8, a new type of special interest initiative will appear on the ballot. Prop 16, funded solely by Pacific Gas and Electric Corporation, is the first-ever attempt by a single corporation to purchase constitutional protection for its monopoly. If Prop 16 passes, PG&E's high rates will be locked into the California Constitution — and lower priced public power choices will be locked out.

Prop 16 would require a 2/3 vote before any non-profit utility company could make changes to its energy service or enter into the energy business. But this requirement would not apply to PG&E or other private utilities that want to expand. Only public, non-profit electric companies would be subject to a vote. Adding insult to injury, Prop 16 itself can pass on a simple majority, allowing 50 percent plus 1 of the voters to impose a minority-rule, 66 percent requirement on everyone else.

At a recent meeting of nervous PG&E investors, CEO Peter Darbee explained that requiring a supermajority vote for community choice will ultimately make it easier and cheaper for PG&E to stop public power efforts. He assured them that their investment in Prop 16 would pay off in the end and mean fewer, not more, electoral battles.

There's nothing new about PG&E flexing its financial muscle against public power. The company has already spent about \$25 million beating back challenges from municipal utilities and local governments, and fears more community choice efforts are on the way. What's new is that PG&E is presenting itself as more democratic and affordable option than publicly owned power companies. Neither is true.

PG&E rates are, on average, 20 percent higher than the state's municipal utilities, and are higher than Southern California Edison's. PG&E

spends the excess on shareholder profits, executive salaries, lobbying expenses and political donations, and, of course Prop 16. Municipal utilities, with lower rates, don't charge customers for windfall profits, corporate excesses and major political initiatives like Prop 16.

As customers who have suffered through repeated rate hikes, smart meters and frequent outages know, PG&E is far less accountable to its customers than publicly owned utilities are. Municipal boards are elected and can be removed by voters, and no publicly owned utility has ever asked customers for a penny in bailout money, much less \$9 billion, as PG&E did after the deregulation debacle.

With Prop 16 PG&E would not only hamstring public utilities, it could leave some customers without any electricity at all. Prop 16 takes aim at existing municipal electric companies by changing the law to require two-thirds majority vote for any and all expansion of a municipal utility district so that a new customer moving into an established municipal territory might well have to wait for a 2/3 vote before being able to get electricity to their homes.

And while PG&E claims Prop 16 is motivated by a desire to give voters a voice, they have not offered their own customers a vote on their own high rates. And customers certainly weren't consulted on the \$9 billion bailout PG&E added to rates after making bad business decisions during the deregulation disaster.

Public utilities are already far more accountable than PG&E, with elected boards that can be voted out by customers. And not one single public utility in California has ever asked its customers for a penny in bailout money, making public utilities far less risky than PG&E.

Prop 16 does not come out of a popular movement of voters dissatisfied with the current process. It comes out of the plush corporate offices of PG&E, and is funded solely by that company out of profits from captive customers. No one else has contributed a dime, because no one else has anything to gain from its passage. State Senator Mark Leno

Danger Microwaving Water

A 26-year old man decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for but he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the water was not boiling, but suddenly the water in the cup 'blew up' into his face. The cup remained intact until he threw it out of his hand, but all the water had flown out into his face due to the buildup of energy. His whole face is blistered and he has first and second degree burns to his face, which may leave scarring.

He also may have lost partial sight in his left eye. While at the hospital, the doctor who was attending to him stated that this is a fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as a wooden stir stick, tea bag, etc.. (nothing metal).

General Electric's Response:

Thanks for contacting us, I will be happy to assist you. The email that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds! Before moving it or adding anything into it. Here is what our local science

teacher had to say on the matter: "Thanks for the microwave warning. I have seen this happen before. It is caused by a phenomenon known as super heating. It can occur anytime water is heated and will particularly occur if the vessel that the water is heated in is new, or when heating a small amount of water (less than half a cup)."

What happens is that the water heats faster than the vapor bubbles can form. If the cup is very new then it is unlikely to have small surface scratches inside it that provide a place for the bubbles to form. As the bubbles cannot form and release some of the heat has built up, the liquid does not boil, and the liquid continues to heat up well past its boiling point.

What then usually happens is that the liquid is bumped or jarred, which is just enough of a shock to cause the bubbles to rapidly form and expel the hot liquid. The rapid formation of bubbles is also why a carbonated beverage spews when opened after having been shaken.

Food Delivery Danger

On Thursday, May 20, at 10 p.m., there was a brutal robbery on the 900 block of Dartmouth Street. This part of Dartmouth is a dead-end street and only has three houses on it. The dead-end backs up against McLaren Park. A Chinese restaurant received a delivery order for an address on that block from a phone number with the 510 area code. The restaurant was a little suspicious and called back to confirm the order. The caller confirmed the order. When the delivery person arrived at a legitimate address, two suspects came out of the shadows of the park and assaulted and robbed the victim.

If you know anyone who owns or works at a restaurant that makes deliveries or if you belong to a merchants' association with restaurants, it is important you pass along this information to prevent more of these types of robberies. This includes pizza restaurants, of which Ingleside Police District has many.

If you are a restaurant that delivers food and are suspicious of a delivery order, you can take these prevention steps:

1. You can refuse the order.
2. You can ask your delivery driver to stay in the car while phone contact can be made with the address. Once the front door opens, the delivery person can deliver the order.
3. The driver shouldn't leave the car running, but keep the headlights on to better illuminate the area. If something does happen, the driver and potential witnesses can have a better view of the scene. Additionally, the suspects may not see through the headlights' glare and assume a second person is in the car.

Disk Golf at Meeting

As I saw it, disk golf did their best to take over again. They spoke up right away and didn't wait until the end of the meeting for the chance to make their comments like everyone else. Besides for that, the meeting was well attended by many neighbors and park employees. Many positive things were mentioned that may possibly come our way. Specific grants were mentioned for each repair that was needed. Playgrounds scored high at the last two meetings but unfortunately not much was mentioned from the audience to reinforce it (except for one nice lady). She did her best to represent and what she said made a lot of sense. Most parents can't walk away to attend a meeting in the evening when there are young kids at home. Good point.

I feel now would be a good time for anyone and everyone in our group to write a short letter to Karin Mauney-Brodek, our parks planner from RPD, and express your regrets for not attending (if you missed it) and that you feel children's play areas and safety in McLaren Park is very important to you. Please do it soon. She said she will be accepting emails for one more week before submitting her findings. Her email is

Karen.Mauney-Brodek@sfgov.org.

There was also one other very amazing bit of news concerning the chance of a Rehabilitation Wildlife Center coming to McLaren Park (Louis Sutter near the old police stables). If this new center would come, it could possibly come with funding for the restoration of McNab lake as well as a park ranger stable for the horses to rest when they are returned. This is the best news McLaren has received in years. Please keep you fingers crossed or pray hard, whichever you prefer.

Lastly, a umbrella group call

Talking About Cell Phone Radiation

by Senator Mark Leno

Everywhere you look, from schoolyards to the halls of government, people are glued to their cell phones. An estimated 4.6 billion people worldwide use cell phones — 300 million of them in the U.S. The average American spends more than 14 hours a month on a cell phone, far more than the residents of any other nation. With the emergence of smart phones and apps for everything from making dinner reservations to locating public restrooms, many people can't imagine modern life without them.

Neither can I. But new technology brings new risks. Using a cell phone while driving is distracting and dangerous, which has led states across the country, including California, to pass hands-free laws. Now, although the science is far from settled, concerns have been raised about the possible health risks of cell phone radiation.

Cell phones emit low levels of radiation. This radio-frequency radiation, measured by specific absorption rate (SAR), is how the phone communicates with the wireless network — but the radiation enters your head or body at the same time it travels toward the cell phone tower. Emitted radiation levels vary not only by make and model but also by the distance to the nearest cell tower, type of network and other conditions.

While studies cited by industry groups and the Federal Communications Commission show no correlation between cell phone use and negative health impacts, the scientific literature on the potential harm caused by cell phone radiation is far from unanimous. Recent peer-reviewed, independent studies from around the world have found that long-term, heavy cell phone use increases the risk of brain, salivary and acoustic nerve tumors as well as decreased sperm count.

Of particular concern is the use of cell phones by children. The FCC's recommended safe levels haven't been updated since 1996, when cell phones were an expensive luxury for adults. Now cell phones are marketed to children whose heads are smaller and skulls are thinner, mak-

McLaren Park Council was suggested, that all groups can work within to help bring organization and structure to the park. I thought it was a great idea. It would help us save ourselves from being redundant when it comes to projects or ideas and save us time when it comes to finding the appropriate information paths we need. All in all, a great meeting that made me leave feeling that quite possibly some positive things may be coming our way finally, even in this horrible recession. Thanks for listening.

Chuck Farrugia

ing them more susceptible to radiation, even at low levels. The European Parliament and health agencies in six nations (Switzerland, Germany, Israel, France, the UK and Finland) have recommended reducing children's exposures to cell phone radiation.

The FCC has posted guidelines for reducing potential risks associated with wireless devices. The precautions include using an earpiece or headset, keeping wireless devices away from the body when they are turned on, using the cell phone speaker, texting rather than talking and buying a wireless device with a lower SAR. While manufacturers must report SAR values to the FCC, this information is not currently given directly to consumers. Radiation levels are listed on the FCC website, but finding that information requires a difficult and tedious search. The Environmental Working Group, the sponsor of SB 1212, has published a user-friendly radiation guide (www.ewg.org/cellphone-radiation) that shows the radiation levels of today's best-selling smart phones are pushing the limits recommended by the FCC.

It is time to start a national dialogue regarding cell phone radiation. We don't want to look back and ask why we ignored the warning signs. That's why I have introduced Senate Bill 1212, a consumer right to know measure, which requires cell phone companies in California to list cell phone radiation levels alongside the price at the point of purchase so consumers can make better and informed choices. In San Francisco, Mayor Gavin Newsom has introduced similar local legislation.

As we wait for the science to become more conclusive on the potential risks of cell phone radiation, it is common sense that we make this information easily accessible to consumers. As the saying goes, better safe than sorry.

Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County. He can be reached via the web at www.sen.ca.gov/Leno, by phone in the San Francisco District Office at 415-557-1300 or San Rafael District Office at 415-479-6612, or by e-mail Senator.Leno@senate.ca.gov.

Abundant Remnant Ministries C.O.G.I.C.

590 Leland Ave.
San Francisco, CA 94134
(415) 829-3210
Lady Renee Winston

www.abundantremnant.com

E-mail: info@abundantremnant.com

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...from the desk of the VVBOOM newsroom

by Nick Wolff

Small Business Week Hits Downtown Visitation Valley

Pulling off our 5th annual sidewalk sale wasn't going to be easy this year. Not on Leland Avenue, not among all the streetscape construction that had encompassed the entire south-side of Leland Avenue between Bayshore Boulevard and Desmond Street.

We did have one big advantage this year, however — a state senator eager to meet small business owners on a commercial corridor undergoing financial hardship amid immense change. Additionally, as luck would have it, May 15th was also Lemonade Day, a citywide event that introduces kids to entrepreneurship by starting a lemonade stand and selling their lemonade to the community.

So when eight year old Niko Zernik Traxler from Teddy Avenue set up his well crafted 'Moto-ade' stand in front of Joe Leland Coffee Shop at 10 a.m., the day brightened up. He wasn't alone on the sidewalk. Body, Soul and Spiral Salon set up an eye-catching table display of beauty and hair care products next door, traveling to the heart of the sales event from their 222 Leland Avenue storefront.

They were joined on the sidewalk by Bay Wash, Royal Pacific Mortgage, Nails By Jenny, Casa Lopez Produce Market and North East Medical Services.

Attendees made laps up and down the block socializing between bites of delicious 'crazy'-corn on the cob (courtesy of Casa Lopez), while perusing unbeatable deals on everything from house plants to laundry detergent.

Rounding off the sidewalk sales closer to Alpha Street were local entrepreneurs and artists including Beauna Clark and her hand-crafted jewelry, Eric Johnson and his Garlic Luvs Spread butter and Nosh's addictive Dirty Popcorn.

Leland Small Business Honored

Gabriel Rivas Lopez was seated in San Francisco City Hall, Room 250 on Tuesday, May 18th before the full Board of Supervisors. It was the first time he stepped foot inside domed Civic Center landmark between Van Ness Avenue and Polk Street.

At approximately 4:30 p.m., he was called to the podium by Supervisor Sophie Maxwell to accept the prestigious District 10 Small Business Award. In a very cool and calm demeanor, Gabriel proceeded to the microphone to express his joy, gratitude, and most importantly, accept this honor on behalf of his parents, Ramiro and Grizelda Salazar, owners of Bay Wash.

The Visitation Valley business had been nominated by Supervisor Sophie Maxwell to receive the first annual Board of Supervisors Small Local Business award. And for good reason. The family owned and operated business located at 44 Leland Avenue has become a neighborhood institution with a loyal customer base.

After opening their doors to Visitation Valley neighbors five years ago, Bay Wash distinguished itself from area laundromats with their clean, festive interior and extremely popular raffles. Owned and operated by the Salazar family, Bay Wash takes pride in joy-



By the time Senator Leland Yee arrived around 12 noon, the sun was shining through the clouds and the sidewalk was filling up. After trying a cup of 'Moto-ade', Senator Yee was greeted by event attendees eager to shake hands and grab a photo.

The Senator proceeded into Leland Avenue storefronts to meet with small business owners, learning first-hand the financial distress caused by ongoing streetscape construction.

While the sidewalk sale was able to gather neighbors together on Leland Avenue for a few hours on a Saturday afternoon, it is going to take continued patronage of local businesses to ensure merchants weather the storm of construction.

But for those who came down on Saturday, it was a perfect afternoon to mingle with neighbors, bargain shop, get a bite to eat and of course see Leland on Leland (sorry, I had to say it).



ously decorating their store for every major holiday (including Mother's and Father's Day); most recently Cinco De Mayo.

To the Salazar family, holidays mean seasons of giving, as they regularly raffle off turkeys on Thanksgiving and San Francisco 49'er football tickets.

Moreover, winners of these free raffles have their picture taken and prominently

displayed on the wall above the counter. Bay Wash is open early (at 5:30 a.m.) and is often the last business to turn off the lights on Leland Avenue each and every night. Active members of the Leland Avenue Merchant Watch Group, Grizelda and Ramiro Salazar and their son Gabriel earned their Small Business Week Award. Stop in and congratulate them!

Bank of America Manager Reflects on Leland-Bayshore

borhood before being promoted to Branch Manager across town. Having been here for almost two years, Dominique is understandably sentimental about her move to the Lakeshore Plaza Bank of America branch in the Sunset District. Having grown up in the Bayview District, she has worked in the city her whole life and believes Visitation Valley is up and coming. After eating her last lunch on Leland Avenue at G&L Bakery (198 Leland Ave.), she really noticed the progress taking place, specifically the construction of the new branch library and the streetscape improvements.

Dominique believes the redevelopment of Schlage Lock and infusion of new residents in the neighborhood will generate a lot more business for Leland Avenue merchants, especially Bank of America. Aside from neighbors (many of who she knows by name), having worked at the corner of Leland/Bayshore for the past two years, she will miss Joe Leland Coffee Shop, Golden 1-2-3 Zone, Shun Lee Market and other local businesses that give the neighborhood its unique character. Hopefully she'll come back to visit during the street fair.

Mayor Awards Burton Principal

Mayor Gavin Newsom on May 17 announced four winners of his 2010 Mayor's Principal of the Year Award and the ten winners of the 2010 Mayor's Teacher of the Month Award, including William Kappenhagen, principal of Phillip and Sala Burton Academic High School.

These awards recognize the outstanding San Francisco public school educators for their dedication, professionalism, and work on behalf of our City's young people. Recipients of the Mayor's Award were nominated by the community — parents, youth, educators, administrators, and other community members — for excellence in their classroom, their school, and their City.

Four principals were honored during the ceremony, one for each division (Child Development Centers, Elementary Schools, Middle School and High School). Along with Kappenhagen, principals were awarded from Bryant Child

Development Center, Sherman Elementary School and Francisco Middle School.

"I'm very proud of all our principals and teachers," said Mayor Gavin Newsom. "Even during these difficult fiscal times, our principals and teachers prioritize our students and provide an enriching environment in school and in the classroom."

Mayor Newsom also recognized the work of ten outstanding teachers, each representing one month of the 2009-2010 school year (September- June).

Organized by the San Francisco Unified School District, Office of Mayor Gavin Newsom, United Administrators of San Francisco, the United Educators of San Francisco and the San Francisco Education Fund, the programs bring together more than 15 community based organizations to promote and recognize the contributions made by San Francisco educators as well as their professionalism and commitment to students across the City.

McLaren Park News and Notes

Park Improvement Needs vs. Disc Golf

by Betty Parshall

By the time this column is in print, the third and final public workshop to discuss improvement needs in McLaren Park will have come and gone.

The feedback gathered at the first two workshops, by online surveys, emails and phone calls has resulted in a list of high priority improvement projects that have been identified by the public. These projects are listed as: Pedestrian safety; Playgrounds and picnic areas, Trails, and Athletic fields and courts improvements.

This writer finds it highly ironic that 'pedestrian safety' heads the list that was provided in the announcement of the May 19th meeting. Yes, I have long complained about the lack of safe walkways along Mansell Street and Shelley Drive. We would all welcome crosswalks, paths and improved traffic calming on these roads.

However, the "not to be discussed" issue of a proposed disc golf course posits a new danger for pedestrians who enjoy walking the many trails that exist within the park.

Here are a few comments found on a disc golfer's forum regarding "Getting Hit by a Disc."

"The other day on hole 17 of our local course, I was waiting for some people to get out of the fairway before I drove. It looked as though they saw me but continued to walk right through. So I drove. It was a pretty straight shot about 8 feet off the ground, and going right towards their heads. We all started yelling FORE!!!...but they did not seem to hear it. Thankfully it missed them by a couple of feet. Whew. It was a close one."

"A guy around here got hit by a Z Avenger before a tournament. He was about 250' from the guy throwing and got hit in the forehead above his right eye. The gash required something like 12 stitches."

"Last summer a lady walking up the hill got a wraith right above the right eye. Blood was literally shooting out of her head. Ambulances and everything, not a pretty sight."

"I heard someone yell 'heads,' ducked and thought that the danger had passed, stood up and got nailed. I felt bad because if I wasn't in the way he would have had one hell of a drive."

"I got hit with a Champion Valkyrie one time in the arm. I was walking along after throwing a drive and this disc just drilled me from an adjacent fairway. Luckily it didn't get any bone and didn't hurt that bad."

There were 70 posts on this site the last time I checked. You can read them all at www.Discgolfreview.com

Dog walkers, both individuals and professionals with groups of dogs, joggers, bird watchers, school groups engaged in nature and environmental studies, families out for a walk — will we all be expected to take cover when we happen onto a "fairway"? If we hear the shout of "FORE" must we promptly move to make way for a weighted disc headed in our general direction at high speed? Must all the dogs be trained likewise?

Should we believe the disc golfers that there is no damage to the environment? That the scars on trees and broken shrubbery in Golden Gate Park don't matter? Certainly the golfers will have to go off the narrow foot trails to retrieve and throw their discs. Will this not cause erosion on the grassy slopes?

Several years ago the Recreation & Parks Commission gave approval to disc golf courses in Golden Gate Park and McLaren Park. There was huge resistance from the neighbors around McLaren and it seemed the matter was closed. Now the golf proponents have apparently received encouragement from the Department to go ahead and map out a course. While the community was receiving invitations to participate in workshops about "what we like best" and "what improvements are needed" the disc golf planning was quietly proceeding.

However, when that word got out, true lovers of McLaren Park's special amenities came together and have organized to resist, once again, the installation of a disc golf course. I have only touched briefly on what this could mean to those who use the park now.

Please visit www.savemclarenpark.org for more information. You are also encouraged to write to the Commission and elected officials voicing your opinion about disc golf in McLaren.

Email addresses:
recpark.commission@sfgov.org
gavin.newsom@sfgov.org
john.avalos@sfgov.org
sophie.maxwell@sfgov.org
david.campos@sfgov.org



Dominique Washington took a few minutes out of her busy last day helping customers to reflect on her time as Assistant Branch Manager of the Visitation Valley Bank of America branch (6 Leland Avenue) in the neigh-

Exactly Why We Honor Flag Day

by Assemblywoman Fiona Ma

June 14th is "Flag Day" and it commemorates the 1777 adoption by the Continental Congress of the first official flag of the United States of America

For 233 years, the American flag has flown as the emblem of our union, our national progress, and the promise that is America. Early twentieth century Chief Justice Charles Evan Hughes said, "... the flag means more than association and rewards. It is the symbol of our national unity, our national endeavor. . . . It tells you of the struggle for independence. . . of the sacrifices of brave men and women to whom the ideas and honor of this nation have been dearer than life."

The origins of Flag Day go back to 1885, when a Wisconsin school teacher, Bernard J. Cigrand, asked for pupils in Fredonia, Wisconsin to observe June 14th as "Flag Birthday" or "Flag Day." In 1877, the government requested that the flag be flown from all public buildings to celebrate the 100th year of the flag's adoption.

Finally, on June 14, 1916, President Wilson issued a proclamation that set aside June 14th for the national observance of Flag Day. In 1949, President Truman signed the congressional act that made June 14th a national holiday.

Henry Ward Beecher, a 19th century preacher, orator and writer, said that when a thoughtful mind sees the American flag, it "sees not the flag only, but the nation itself and . . . its symbols."

Because the American flag is our most visible national symbol, Flag Day takes on added significance in times of tragedy, war or other catastrophes. While Flag Day is not a school or work holiday in California, the flag constantly serves as a reminder of what our nation stands for.

For information on how to display the flag properly, please call my district office at (415) 557-2312.

Information at Your Fingertips: SF's Community Dining Programs for Seniors

San Francisco's Office on the Aging funds numerous community dining programs, collectively called the Congregate Meals Program. These programs provide lunch every day for a small suggested donation at 48 locations around the city. These meals are tasty and nutritious, and there are many ethnic cuisines provided, including American-Southern, Chinese, Filipino, Japanese, Kosher, Korean, Latino, Russian, and Western Foods.

Below is a list of congregate meal sites. For more information on community dining programs offered through San Francisco's office on the Aging visit www.sfhsa.org.

Congregate Meal Sites

*Bayview Hunters Point Multipurpose Senior Services, Inc., 1250 La Salle Avenue, San Francisco, CA 94124 • (415) 822-1444

*Centro Latino de San Francisco, 1656 • 15th St., San Francisco, CA 94103 • (415) 861-8758

*Episcopal Community Services, 165 • 8th Street, San Francisco, CA 94103 • (415) 487-3790

*Glide Foundation/United Methodist Church, 330 Ellis Street, San Francisco, CA 94102 • (415) 674-6000

*Jewish Community Center of San Francisco, 3200 California Street, San Francisco, CA 94118 • (415) 292-1260

*Jewish Family and Children's Services, 2150 Post Street, San Francisco, CA 94115 • (415) 449-3824

*Kinnoch, Inc., 1840 Sutter Street Isser Memorial Hall, San Francisco, CA 94115 • (415) 931-2294

*Korean Center Inc., 1362 Post Street, San Francisco, CA 94109 • (415) 441-1881

*Laguna Honda Hospital Senior Nutrition Program, 375 Laguna Honda Blvd., San Francisco, CA 94116 • (415) 759-2321

*Meals on Wheels of San Francisco, 1375 Fairfax Avenue, San Francisco, CA 94124 • (415) 920-1111

*30th Street Senior Center, 225 • 30th St., San Francisco, CA 94131 • (415) 550-2210

*Project Open Hand, 730 Park Street, San Francisco, CA 94109 • (415) 447-2300

*Russian American Community Services, 300 Anza St., San Francisco, CA 94118 • (415) 387-5336

*Self-Help for the Elderly, 407 Sansome Street, Suite 300, San Francisco, CA 94111 • (415) 677-7600

*Western Addition Senior Citizens Service Center, 1390 Turk St., San Francisco, CA 94115 • (415) 921-7805

Informal Review Applications Received to Reduce Home Values

San Francisco Assessor-Recorder Phil Ting recently announced 6,462 residential property owners applied for temporary reductions of their assessed property values through the informal review process.

Under state law, Proposition 8, property owners can receive a temporary reduction if the current market value of their property is determined to be lower than the assessed value.

"The role of the Assessor's Office is to value property in a fair and equitable manner, which includes reducing property tax value for those homes that have been affected by the current economic climate," explained Ting.

In 2009-10 more than 11,700 homeowners received temporary reductions in the assessed value of their homes. Those property owners who received a reduction last year will automatically have their assessed value reviewed for the 2010-11 tax year.

In addition to those 11,700 homeowners, the Assessor Recorder's office will be additionally reviewing the new 6,462 applicants who filed this year.

By comparison, 2007-08 the Assessor-Recorder received a total of 248 requests for informal reviews. In 2008-09 applications grew to

1,673, and in 2009-10 over 4,421 requests for informal reviews were filed.

This year's 6,462 informal review requests indicate a 2500 percent increase since 2007-08.

"The ongoing trend of increased informal reviews represents the downturn in the real estate market, as well as, the simplification of the informal review application process and an increase in multi-lingual outreach by our office," said Ting.

Neighboring communities, such as Santa Clara County will be reducing approximately 116,000 condominiums and single family residences, Alameda County will also

Literacy Important at Boys and Girls Club

Literacy programs have become an astounding success at the Sunnydale Boys and Girls Club at 1654 Sunnydale Ave.

"We are really focusing on raising literacy skill levels and enthusiasm around reading," explained Theresa Wilson, education director at the club. "We are leading a movement in Sunnydale to really push literacy."

More information about the club and programs is at <http://www.kidsclub.org>

Disc Golf Debate: McLaren Park Under Attack

From Page 1

On Monday, April 19, 2010, Save McLaren Park had its first official meeting. Approximately 70 people of all ages, ethnicities, and orientations attended, united in a desire to Save McLaren Park!

Disc golf supporters and neighbors in opposition to the plan heavily attended a meeting on April 20th 2010, sponsored by SFRPD and the Disc Golf Course. In fact, it was standing room only and many were turned away at the door due to lack of space.

The Save McLaren Park group easily outnumbered the disc golf group and their allies from SFRPD. The diversity of the Save McLaren Park members was a striking contrast to the youthful, mono-cultural Disc Golf Club constituency.

The Disc Golf Club was given a full 20 minutes to make an official slide presentation extolling the joys of disc golf. Mr. Bowling, the presenter, was so enthused that someone from the audience had to remind him that his time was up.

Meeting moderator Lisa Wade of SFRPD didn't seem to be aware that Mr. Bowling was running over his time limit, nor did she appear inclined to stop him. Strangely enough, the committee to Save McLaren Park was not given any time for a formal pre-

sentation.

Everyone who signed a speaker card was allowed one minute to speak. Many of the park-lovers spoke with great passion in defense of their beloved park.

Members of Save McLaren Park committee raised several vital points- the lack of an Environmental Impact Report, the possible violations of the Sunshine Ordinance, and the most-asked question of the evening: "Why did SFRPD fail to give the neighborhood and other park lovers any notice about the proposed 18-hole disc golf course?" The Disc Golf Club members spoke of how wonderful disc golf is and what a great improvement it would make to the park. Sadly, when their newly-elected president, Orion Sylvester, spoke, he stated that if the dog walkers in McLaren Park didn't like the disc golf course, they should find another park to walk their dogs in.

Needless to say, for a brief second the park users, dog enthusiasts, and even some of DGC's own members, stared at him in disbelief ... then pandemonium broke out. It took Lisa Wade of RPD quite a while to calm the crowd. (In all fairness, on April 21 Mr. Sylvester did issue a letter of apology on the San Francisco Disc Golf Club website, stating that he had said the opposite of

what he really thought.) Although the meeting was scheduled to end at 8 p.m., it went on past 9:30 p.m.

Did the impassioned pleas from the community that loves, uses, and supports McLaren Park change anything? Near the very end of the meeting, a neighborhood resident asked Ms. Wade whether it was true that the disc golf course was a "done deal" and whether the neighbors and others opposed could do anything about it.

"The [Rec and Parks] Commissioners have made their decision," Ms. Wade answered. "The construction of a disc golf course will proceed as planned."

This is definitely not good news for those who love McLaren Park. Still many are not passively accepting the insidious actions of SFRPD.

The recently-formed Save McLaren Park group is growing stronger every day as phone calls and emails pour in with emotional statements of appreciation of the park, horror at what may be done to it, offers of assistance and volunteering, and interest from the media.

The voices in defense of McLaren Park will be heard...

Visit Save McLaren Park's website for more information at www.savemclarenpark.org

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In Memory of Luisa Ezquerro

A native of San Francisco on May 1, 2010 lost her long battle to cancer at home with family.

Luisa, a lifelong educator and community activist, leader and mentor spent her life serving her San Francisco community. She taught for 43 years in San Francisco's Unified Public Schools impacting the lives of countless young adults throughout the City she loved dearly. Luisa started her student teaching at Poly Tech High School, taught at Lincoln High School, Lowell High School, and retired while teaching at McAteer High School. Those that knew Luisa, know that she never retired but kept active helping other in the community.

Luisa was a community activist for most of her adult life helping to found the Mission Coalition Organization and serving on its board of directors. She helped create other community organizations which continue to enrich the lives of so many today including the Mission Housing Development Corporation where she was a member of their Executive Board, Mission Model Neighborhood Corporation, Coleman Advocates for Children and Youth, Mission Economic Development Association, The Mission Reading Clinic now known as the Mission Learning Center, The Mission Tutorial Program, Arriba Juntos, Mission Neighborhood Health Center, Mission Community Legal Defense and Mission Hiring Hall.

Luisa was very active in the Teachers Union, and a member of their Executive Board, where she served as president for approximately six years. In 2001, she was awarded Teacher of the Year by San Francisco State University.

Luisa was appointed to the Recreation and Parks Commission by Mayor George Moscone in 1976. In 2004, she was appointed by Mayor Gavin Newsom to the Commission on the Status of Women. Throughout the span of her life she was appointed to and served on the transition teams for three San Francisco Mayors.

In addition, Luisa was active with the United Educators of San Francisco, Jameslown Community Center, San Francisco Planning and Urban Research (SPUR) and was a consultant for the San Francisco Board of Education.

Luisa is survived by her brother Manuel Ezquerro, her sister Carmen Ezquerro Fletcher, and her many beloved nephews and nieces.

Contributions can be made in Luisa's name to Mission Learning Center www.mlcsl.org

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Ten Ways to Find Magic in the Every Day

By Ilie Ruby

The ancients knew the importance of finding magic in the every day. Theirs was a universe governed by gods and spirits. Many civilizations based their beliefs on the existence of a spiritual world, what we might now call a magical world, a place where good and evil played out in battles of sunlight and storms, where suffering people could pray their way out of starvation and adversity, where gods controlled the successful growth of crops, and where lovers could be swayed by prayer and magic. This, we have lost. Our folklore. Our magic. Our inspiration in the every day.

In an age where we are barged with reality media, it has become an uncommon thing to look for what slips between words, for what is not readily apparent. Finding magic in the every day is a skill. For many it does not come naturally. Others know how this apparent skill can change your outlook, can inspire you, and help you begin to heal yourself and your world. Right or wrong, we need to believe there is magic out there—everywhere. The key is that magic in the every day may just be a reality—if you know how to find it. Here are ten ways to find magic in the every day.

1. Be brutally honest with someone who you feel does not understand you. Our isolation causes us the greatest heartache. Often when we feel misunderstood, it is because we are not revealing ourselves. We are operating out of fear, hiding behind a mask that prevents others from knowing us.

That sense of separateness is an illusion. We must assert that connectedness (though we may not feel it) through honesty. In some circles, this is called "Act as if." Act as if you were connected to this person. Take risks with those whom we feel disconnected. When we speak our truth, when we face those who we fear, that sense of isolation disappears. More often than not, that person with whom we share a new connection will be the purveyor of a gift, something that we have been waiting for or wanting to know about. This new connection may prove to be one of the strongest and most beneficial in our lives.

2. Practice intuition by realizing that a conversation starts the minute you look someone in the eye, and respond to that look rather than the words that follow. The arena of human communication is the best place to practice and develop one's intuition. Many people throughout their lives chase intuition, what some call magic, as though it is rare and elusive. In truth, it is available to all of us if we attune ourselves to it. By relating to a person based on empathy and energy rather than words, we are heightening our level of awareness and developing our intuition. Soon our intuition changes the way we experience our lives, becomes our natural way of being, and thus, enhances our ability to see magic.

3. Tell someone who is struggling that they already are what they wish to be. And give examples. The power of suggestion is undeniable. The fact is that we are language-based creatures. We give powerful meaning to the words of others.

We must hear again and again about our success, before we can begin to internalize it. For ours is the voice that is always with us, it is the strongest. If you tell a child that they are not good at something, more than likely they will prove you right. This works in the opposite way as well. It is true that people grow into their beliefs about themselves. Many studies have shown that all it takes is one person in a child's life to assert the goodness and uniqueness of that child, and the powerful effect this has on the child's self-esteem. All too often we underestimate the power of asserting another's goodness. When we are weak, we need others to speak for us and tell us we are strong. When you do this for someone you are changing a life. You are the embodiment of magic.

4. Ask your children to hug each other good night and let them forget about you. Too often we focus on our children's devotion to their parents, but how often do we ask them to actively practice their devotion to each other? Sibling relationships are a template for social, societal and love relationships later in life. When expectations are raised and siblings cultivate a devotion to each other, when this becomes a natural expression of the way that families operate, then parents experience a magic unlike any other: a peaceful and loving household.

5. Break a sweat, especially when you're tired, to invoke the strength of your body. When we are feeling ill, our energy is low. This makes us prey to additional adversity. Anyone who has experienced a chronic or acute illness knows that a weak energetic system attracts negativity. When we take action

and begin moving our body, despite the fatigue and exhaustion, even if it's just for a short time, we are changing our energetic state, which changes our emotional state. This translates into a new clearer positive energy that begins to infiltrate our lives. If we cultivate this practice of helping ourselves, more often than not, good people and situations will seem to show up and offer us healing.

6. Count the number of people you forgive each day versus the pounds on your scale. Take a break from the scale for one week. Instead of giving yourself a calorie quota, give yourself a forgiveness quota. Forgiveness, in addition to being a good spiritual exercise, puts your body and mind in a restful state, which is at the heart of a healthy body image and appetite. Many people overeat out of resentment. If you add forgiveness into your daily routine, you are removing one of the root causes of overeating.

7. Walk outside in bare feet in the mornings and the evenings. There is something to be said for grounding. Too much focus on the spiritual or magical world can create a sense of unrootedness, a feeling of not being tethered to the earth, so to speak. Connecting with nature by walking barefoot outside two times a day can increase a person's feeling of being grounded which will provide a sense of safety, calm, and being in control of their destiny.

8. See painting, writing, or making music as a prayer to your soul and do a little of each every single day. Creativity is the soul's song. A wise person once said that the universe likes it when they work, but

loves it when they sing. Any time you practice creative pursuits, any time you can move yourself into the "zone" you are raising your vibration. Creativity has a ripple effect and can be one of the quickest ways to experience a life change. It can open up channels that have been blocked and thus allow a powerful life force to bring in cleansing and healing, which in turn brings in new experiences, perspectives, and opportunities.

9. Imagine that your lost relatives were in heaven, tell them you love them and watch how the clouds in the sky change. Children find magic in the every day. They see shapes in clouds and create magical worlds full of wonderful adventures. Cultivating the sense of wonder of a child. Do this just for fun. Be like a child, just for a moment, and play with the forces of nature. This sense of awe may in fact bring you back to a time when magic was a natural part of your every day as breathing and can give you a brand new perspective.

10. Pay attention to uncanny coincidences, good timing, and chance encounters. Assume it all does, in fact, mean something. Try to find one "coincidence" a day. Write it down in a journal and see how it builds. The old adage—what you focus on multiplies—is true. Good things exist all around us all the time. But if we are not in a waking state, a state where we recognize all the little signs of magic, we will miss them. Count the things that happen in our favor, that make us feel like "someone up there likes me" and start to live in that reality.

Ilie Ruby is the author of *The Language of Trees* (Avon HarperCollins). See www.ilieruby.com

VISTACION VALLEY KIDS DAY

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Joe Leland around the neighborhood

***New Business:** A new business in Visitacion Valley's newest building will open this month. Specializing in custom tailoring plus sewing and quilting classes, the San Francisco Sewing and Quilting Collaborations will open its doors at 2189 Bayshore Blvd. (Bayshore at Blanken). The proprietor, Mr. Howard, will have his grand opening during the first weekend on this month. Visit for specials on Friday, June 4th from 10 a.m. to 6 p.m.; Saturday, June 5th from 10 a.m. to 5 p.m.; and Sunday, June 6th from 12 noon to 4 p.m.

***56 Rutland:** Muni's budgetary woes have forced a reduction in service to several lines throughout the City. The 56 Rutland, the only public transportation line that directly serves Little Hollywood and Candlestick Cove, had its start time pushed back 40 minutes. Instead of beginning service at 6:20 a.m., it now begins at 7 a.m. This results in one less run per day. The change is minor and given the fact that the 56 Rutland is San Francisco's loneliest route, possibly justified ... or at least will go unnoticed.

***Election Day Advice:** Get out and VOTE Visitacion Valley! June 8th is California's Primary. Never forget that each and every election is important. Especially for the residents of Visitacion Valley. Our historically low voter turn out will result in equally low outreach to our community by candidates for the November 2010 District 10 Supervisor's race. Smart candidates will scrutinize June's election results to see who voted and naturally focus their efforts on the most engaged precincts for their face-to-face time. Vote on June 8th and show them that we matter!

***Food Pantry Shuttered:** The popular weekly food pantry program sponsored by the SF Food Bank and hosted by the Visitacion Valley Community Center was mysteriously canceled with little notice. Those depending on the weekly food supplement were saddened by this loss, but soon became incensed by the lack of community dialogue before this action was taken. A grass roots petition quickly generated hundreds of names requesting that the program be reinstated. At press time, the manner has not been resolved. Stay tuned...

***Quote of the Month:** "Can we all get along?" -Rodney King, American philosopher

Book Review

Faces of the Universe

According to authors Tom Lumbrazo and Carol Lumbrazo, "We have prepared this book to enlighten and share the images found in such unlikely places as the clouds, rocks, sidewalks, and in all that is around us. We hope your life is blessed with the desire to see the "unseen" and to speculate what all this may mean relative to our existence."

They published their first book of discovery, *Journey to the Clouds, Messages from the Sky*, in 2009. Their new book, *Faces of the Universe* (BAEB Publishing, \$29.95), goes beyond the clouds. The cover of the book features a cloud that appears as the ancient symbol of a Merkaba.

Note the authors, "This book delves more precisely into the images imbedded in clouds, in rocks, in sidewalks, and in the air around us. It challenges the reader to think about these images. What is being presented? Who created the images? Why? Are these messages to us? How are the images created? Are there other forms of life on the planet that we don't see?"

The images presented in *Faces of the Universe* are culled from the thousands of photographs the authors have taken since 2008, most in the western United States. The authors emphasize that, as provocative as these images are, there has been no manipulation or falsification, though some photographs have been enhanced through color contrast so the images can be easily seen.

Accompanied by carefully worded interpretive text that explains what the images might be

portraying, the Lumbrazos sensitively convey their wonder at the world around them, their belief that an intelligence guides these images, and their awareness that there is so much more yet to be revealed.

Statewide Housing Affordability Increases

SACRAMENTO – Housing affordability in California increased overall in the first quarter of 2010, but 13 of the state's 28 metropolitan areas included in the report saw decreases, the California Building Industry Association said recently.

On a statewide basis, the HBI found that a family earning the median-income could have afforded 60.8 percent of the new and existing homes that were sold during the first quarter, up from 56.4 percent in the fourth quarter of 2009. The report also found that California is now home to seven of the top ten least affordable markets in the nation.

Liz Snow, CBIA's President and CEO, said that the report was encouraging for prospective buyers, but cautioned that more must be done to make housing in California more affordable in the future.

"This is good news for homebuyers eager to take advantage of the recently enacted state tax credits and should encourage more people to enter the market to take advantage of low prices and interest rates," said Snow.

Snow noted that California has been notorious for high priced homes that keep a number of people priced out of the market.

"The fact that California is still home to over half of the top 20 least affordable markets in the nation sends a clear message that we must look at the barriers to providing housing for California families and come up with ways to better meet the demand," said Snow. "There has been a significant imbalance in supply and demand for a number of years which has led to the huge price increases that we've seen in the past. In order to avoid this scenario, we must take advantage of this opportunity to work with lawmakers on sound policy that reduces some of the barriers to building homes, as well as policy that provides a dedicated source of revenue for the development of affordable housing, so that we can keep prices more affordable in the long run and help more families attain the dream of home-ownership."

San Francisco, San Mateo and Marin counties once again claimed the distinction of California's least-affordable metro area, and second in the nation, with just 23.4 percent of the homes sold being affordable to a family earning the median income, up from 22.3 percent in the fourth quarter of 2009. San Luis

Obispo County came in third (32.4 percent), followed by Ocean City, N.J., and Santa Cruz County (tied with 34.1 percent). The New York City metro area continued to hold the title of the nation's least affordable market for the eighth quarter in a row (20.9 percent).

Merced overtook Stanislaus County for the title of California's most affordable market with 82.4 percent affordability, down from 83.4 percent in the fourth quarter. Stanislaus County and Yuba and Sutter Counties were the second and third most-affordable metro areas in California with 81.5 percent and 79.6 percent affordability, respectively.

Nationwide, 72.2 percent of new and existing homes sold in the first quarter were affordable to families earning the national median income, up slightly from 70.8 percent in the fourth quarter of 2009. Bay City, Mich. was the nation's most-affordable housing market with an affordability ranking of 98.7 percent, followed by Kokomo, Ind., with a ranking of 98.1 percent.

Cooking Corner

Grilled Boneless Chicken Breast Crusted with Mexican Oregano and Chile Dressing

Serves: 6 to 8; Preparation Time: 15 to 20 minutes; Cook Time: 20 minutes.

Seasoning Blend

1 tablespoon sea salt, kosher or other non-iodized salt; Freshly ground black pepper; 1 tablespoon chile powder; 6 to 8 boneless, skinless chicken breasts (8- to 10-ounces).

Herb Paste

½ cup dried oregano, preferably Mexican; 2 teaspoons chili flakes; 1 tablespoon dried garlic; 1 tablespoon dried onion; 1 egg white, beaten; 1 cup water; 1 tablespoon butter; 3 tablespoons vegetable oil.

Chile Dressing

½ cup or 1 small red onion, finely chopped; ¼ cup scallion, finely chopped, green and white parts; 1 tablespoon jalapeño or serrano chili, finely chopped; ¼ cup fresh-squeezed lime juice; ¼ cup white wine vinegar; 1 cup extra virgin olive oil; ¼ cup cilantro leaves and stems, chopped; 1 teaspoon salt; 1 teaspoon ground black pepper; 1 can (21 ounces) BUSH'S® Black Bean Fiesta Grillin' Beans®.

Directions:

Combine the sea salt, black pepper and chili powder to make the seasoning blend. Season the chicken on both sides with seasoning.

Mix all of the ingredients for the herb paste. Create an egg wash by beating 1 egg white and combine with 1 cup of water. Dip the smooth side (top) of chicken breast in the egg wash and then coat by dipping in the herb paste.

Sauté the butter and oil in a large cast-iron skillet on top of grill over medium heat until it foams slightly. Add the chicken, herb side down, to pan. If your grill has a lid, close the lid and let cook for 5 minutes.

Flip the chicken over and cook for one more minute. Take the chicken pieces out of the skillet and place herb side on the medium-heat side of the grill. While the chicken is cooking, add all of the contents for the dressing and pulse in a blender until pureed with some chunks left.

Remove chicken from the grill when the juices run clear or the internal temperature reaches 165 degrees Fahrenheit.

To serve, pour the dressing on a platter and place the chicken on top. Garnish with bunches of cilantro, fresh chiles and wedges of lime.

Serve with one can (21 ounces) BUSH'S® Black Bean Fiesta Grillin' Beans®.

NAPS

Funding Designated for Visitacion Valley Programs

by Russel Morris

July begins the City's 2010-2011 fiscal year and the amount of local funds designated for the support of Visitacion Valley's non-profits and community-based organizations is slowly being revealed.

In January of 2010, the San Francisco Redevelopment Agency awarded \$650,000 for community specific workforce services to SF Conservation Corps (\$292,000) and Goodwill Industries (\$375,000) as part of their Jobs Readiness Initiative (JRI).

An additional \$200,000 in JRI funds was awarded in April 2010 to Anders and Anders Foundation, a consultant group with strong community ties. Anders and Anders will focus their efforts toward The Valley's 'difficult to employ' job seekers by providing a host of personal skill building services and career path planning.

Anders and Anders will be co-

located at the newly opened One Stop Job Center, operated by Florence Crittenton Services at 73 Leland Ave.

The San Francisco Department of Children, Youth & Their Families (DCYF) also released a list funding recommendations. DCYF creates and facilitates innovative citywide policies and projects in support of children, youth, and families.

The following Visitacion Valley organizations are slated for funding through DCYF's 2010-2013 budgeting cycle. (Some of the organizations are listed more than once because they will be funded for different programmatic elements.):

*Real Options for City Kids (ROCK) Beacon: \$200,000.

*Visitacion Valley Boys & Girls Club Afterschool Program): \$56,250.

*Sunnydale Boys & Girls Clubs Afterschool School Program: \$56,250.

*Girls After School Academy: \$102,120.

*Samoan Community Development Center Pacific Islander Youth Alliance (PIYA): \$77,700.

*TURF Community Organization Willie Brown Youth Center: \$62,160.

*Mission Branch of the YMCA of San Francisco Visitacion Valley Elementary ExCEL Afterschool Program: \$90,211.

*(ROCK) After School Program at El Dorado: \$50,000.

*TURF SF Junior 49ers Pop Warner Football & Cheer Squad: \$45,000.

*Aim High for High School Aim High @ Visitacion Valley Middle School: \$78,500

*Visitacion Valley Boys & Girls Club Summer & School Break Program: \$18,750.

*Boys & Girls Club Summer & School Breaks Program: \$18,750.

*Samoan Community Development Center Pacific Islander Youth Alliance: \$56,007.

*Sunnydale Boys & Girls Club New SF TEAM: \$60,000.

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EarthTalk

Herbicide in Water

Dear EarthTalk: I understand there's an issue with the herbicide atrazine showing up in dangerous quantities in drinking water, mostly throughout the central U.S. Why is this happening and what's being done about it? -Marcus Gerde, Spokane, WA

Atrazine is an herbicide that is widely used across the U.S. and elsewhere to control both broad-leaf and grassy weeds in large-scale agricultural operations growing corn, sorghum, sugar cane and other foods. While its use is credited with increasing agricultural yields by as much as six percent, there is a dark side. The nonprofit Natural Resources Defense Council (NRDC) reports that atrazine exposure has been shown to impair the reproductive systems of amphibians and mammals, and has been linked to cancer in both laboratory animals and humans. Male frogs exposed to minute doses of atrazine can develop female sex characteristics, including hermaphroditism and the presence of eggs in the testes. Researchers suspect that these effects are amplified when atrazine and other harmful agricultural chemicals are employed together.

Atrazine's wide use makes its impacts that much scarier. NRDC reports that it is the most commonly detected pesticide or herbicide in U.S. waters, with the highest levels found in Indiana, Missouri and Nebraska. The Southeast also faces atrazine overload issues. What irks many public health advocates is that, even though study after study implicates atrazine in a long list of environmental and health problems, the U.S. Environmental Protection Agency (EPA) still allows farms to apply 75 million pounds of it each year. The European Union banned atrazine in 2004 due to persistent groundwater pollution there.

Critics of the EPA accuse the agency of selling out the health of the American people so industrial agricultural companies can make big profits. Indeed, in 2003, the EPA estimated a total annual economic impact, if atrazine were to be banned, of over \$2 billion, including a yield loss plus increased herbicide cost averaging \$28 per acre. In 2006, the EPA concluded that triazine herbicides (such as atrazine) posed "no harm that would result to the general U.S. population, infants, children or other...consumers."

In light of the EPA's refusal to consider a ban on atrazine, NRDC and other groups have taken up the cause of educating consumers

about the dangers posed by our national addiction to dangerous herbicides and pesticides, and lobbying elected officials to add their voices. President Obama has promised to take a hard look at atrazine, but it remains to be seen how long it will be before any such review takes place.

Of course, organic farmers aren't waiting around for Obama to ban atrazine. By planting diverse crops, rotating them regularly and employing other age-old agricultural techniques, a new generation of American farmers is learning that expensive chemicals may not be able to boost their yields enough to warrant the high financial and environmental costs associated with constant chemical spraying.

As for you and I, the best way to prevent ingesting atrazine with our tap water is to buy a water filter that employs activated charcoal. NRDC publishes a free list of water filter recommendations on its Simple Steps website. If you're on a well, NRDC recommends having its water tested annually for atrazine and other contaminants. Even bottled water producers may not filter out atrazine from their source aquifers, so filtering at the tap is the only way consumers can be sure to remove it along with other contaminants.

Dear EarthTalk: I'm told that, despite improvements in recent years, pesticides in flea collars are still harmful to pets and humans. Are there ways to minimize fleas

without resorting to chemical concoctions? And is anything being done to ban these dangerous products from store shelves? -Nancy Trouffant, Lancaster, PA

Americans spend some \$1 billion each year on products designed to combat fleas. Many of these products do their jobs handsomely, but two of the most egregious chemicals widely used in flea collars, tetrachlorvinphos and propoxur, have been shown to cause damage to our brains and nervous systems, and are known human carcinogens. Residues containing these chemicals can stay on a pet's fur—and whatever he or she rubs up against, including your rugs, furniture and children—for weeks on end.

The Natural Resources Defense Council (NRDC) found that residue levels produced by some flea collars are 1,000 times higher than which the U.S. Environmental Protection Agency (EPA) considers safe for children to be around. Previous campaigning by NRDC and other nonprofit groups convinced the federal government to ban six other dangerous pesticides formerly common in flea collars, but tetrachlorvinphos and propoxur are still wreaking havoc on the environment and human and pet health.

In light of these dangers, what's a concerned pet owner to do? For starters, ditch the collar and buy a flea comb. NRDC reports on its GreenPaws.org website that regular combing of a pet can help reduce fleas while allowing owners

to monitor the extent of a given flea problem. Fleas caught in the comb should be drowned in soapy water. Also, vacuum frequently to rid your carpets, floors and crevices of fleas and their eggs. Dispose of any used vacuum bags immediately so fleas don't escape and re-infest the room.

In the case of an extreme infestation, a professional steam carpet cleaning might be your best bet. As for your pet, frequent soapy baths are a great way to control fleas. Pet bedding should also be washed weekly in hot water. Outside of the house—where your pet romps and frolics—keep your grass and shrubbery clipped short to increase dryness and sunlight, which inhibits fleas. Nematodes—all-natural non-chemical biological agents available at most garden stores—will get rid of fleas in problem areas outdoors.

Of course, all this diligent work might still not be enough to keep fleas at bay, so you may need to turn to products formulated with essential oils that repel insects but

do not harm pets or people. Be sure to start with small doses and monitor pets and family for allergic responses. Another non-pesticide option is S-Methoprene, a so-called Insect Growth Regulator which halts the growth of chitin, the substance that creates an insect's exoskeleton, and won't harm humans or pets. S-Methoprene is best used as a tool in preventing an extended infestation since adult insects are unaffected by it.

With the federal government apparently uninterested in banning tetrachlorvinphos and propoxur from flea products, NRDC is taking the issue straight to the people. Via its GreenPaws.org website, users can customize a letter to PETCO and PetSmart, the nation's two largest pet supply retailers, asking them to stop selling products containing such dangerous chemicals. And whether or not these companies will heed the call may well depend on consumer behavior, so the more you buy safer alternatives, the better.

Saturdays Are Special at Randall Museum

Drop in Saturdays between 1 and 4 p.m. to create all kinds of art and science projects. Cost is \$6 a child or \$10 for an adult and child together. Kids under 8 must be with a paying, participating adult. Members of the Randall Museum Friends and Arts Card holders receive a 2-for-1 discount. Sign up at the museum's front desk to participate; the last sign-ups are taken at 3:30 p.m.

*June 5: Add fancy papers, "gemstones" and other decorative details to make your own treasure box.

*June 12: Flag day is June 14th. Celebrate by creating a personal fabric flag in a myriad of textures and colors.

*June 19: Make your father a pop up book for Father's Day.

*June 26: Experience the magic of light defraction and decorate your own spectroscope.

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Welcome

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Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75 percent of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to: Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates Full Page \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8; 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details.

Classified: 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Police Report

Police Cases

*On April 22 at 9:30 a.m. on the 2000 block of Bayshore Boulevard, officers were dispatched to the report of a burglary. They met with an employee of a construction company who said that their office had been broken into. Missing from the office were construction tools. At 8:05 p.m. on the 2200 block of Bayshore Boulevard, officers were dispatched to the report of a robbery. The victim said that he was sitting on a Muni bus when an African American male (5'06" 130 lbs) wearing dark clothing came up and snatched his PDA out of his hands. The suspect then ran off the bus with two other people. At 10:22 p.m. at Crocker Amazon Park, officers responded in regards to a theft. The victim said that she left her laptop bag with some friends while she went to use the restroom. When she returned, she learned that another acquaintance had walked off with the bag after meeting with the group. At 11:41 p.m. at Mansell and Hamilton streets, officers were dispatched to the report of a battery. The two victims said that they were walking down the street when they were approached by a woman who asked what street they were on. When the victims answered, the suspect sprayed them with pepper spray and then fled the scene. The suspect was an African-American woman (5'6" 180 lbs) wearing a white sweater and blue jeans.

*On April 23 at 2:41 p.m. on the 100 block of Velasco Avenue, officers spoke with a vehicle owner who stated that she parked her vehicle in the morning and returned later to find that someone had "keyed" the exterior of the vehicle and stolen the radio out of the dash board. At 8:09 p.m. on the 400 block of Cambridge Street, officers and a police sergeant located a man who they knew had outstanding warrants for his arrest. At 11:30 p.m. in Crocker Amazon Park, an officer responded to the emergency room at SFGH regarding a stabbing incident. The victim told the officer that a man he often plays soccer with at Crocker Amazon Park had been acting crazy and stabbed in the leg.

*On April 24 at 10 a.m. on the unit block of Leland Avenue, officers responded to a business and spoke with an employee who stated that when he arrived for work a car jack was under the metal roll down gate. The officers spoke with the resident who lives above the store and was told that he heard a loud noise and looked outside. The resident observed a man at the gate and yelled at him. The suspect drove away in a white van. Another neighbor later advised officers of the license plate of the van and provided a suspect description. At 9:15 p.m. at Velasco Avenue and Camizal Street, officers responded to a robbery call and spoke with the victim. The victim, a Spanish speaking Hispanic male, stated that he exited an 8X Muni coach at Geneva and Santos. The victim noticed an African American male, 17-20 years old, also exit the bus. The victim saw that subject speak with another African American, about the same age, but larger, and then both suspects followed him down Velasco St. The victim was grabbed by the suspect and thrown into the side of a building. The suspects stole his backpack and cellular phone. One of the suspects lost his phone during the incident. The victim turned over the suspects' phone to the officers.

*On April 25 at 6:43 a.m. on the 1900 block of Sunnydale Avenue, officers were dispatched to the report of a broken window. The victim said that he was sleeping when he heard a loud crashing sound. He went downstairs and found that his window was broken. At 5:34 p.m. on the 1500 block of Sunnydale Avenue, officers were on patrol when they saw a man who they knew to have a stay away order from the area. The man began to run when the officers attempted to stop him. After a foot pursuit, the suspect was taken into custody for the stay away order violation, outstanding warrants, and resisting arrest.

*On April 26 at 7:47 p.m. on the unit block of Blythdale Avenue, officers met with a woman who was the victim of a broken window. She was upstairs in her home when she heard the sound of breaking glass. When she looked for damage, she found that her window had been cracked by someone. At 3:10 p.m. on the unit block of Brookdale Avenue, officers were working as housing officers in the Sunnydale Public Housing area when they saw two known gang members with previous firearm arrests walking together between the buildings. Upon seeing the officers one of the subjects ran from the officers while holding something in his waistband. The officers chased the suspect several blocks and caught up with him, taking him into custody. The suspect had numerous small baggies of marijuana and money in denomi-

nations indicating sales of narcotics. The suspect was booked.

*On April 27 at 5:43 p.m. on the unit block of Heritage Avenue, officers were on patrol when they encountered a vehicle which they discovered had false vehicle registration. They detained the man inside the car and discovered that he was in possession of marijuana. The man was charged with the drug violation and the registration violation. At 6:09 p.m. on the 100 block of Brookdale Avenue, officers were searching the area for a robbery suspect when they came across a man with a similar description as that of the robbery suspect. When the officers attempted to stop the man to investigate, he ran away. The officer caught the man, who said he ran because he was scared. The investigation revealed that the suspect was not involved in the earlier robbery. He was issued a citation for resisting/delaying an investigation. At 7:15 p.m. on the 1800 block of Sunnydale Avenue, an officer responded to the report of a burglary. The victim said that when she returned home, she found one of her windows was broken with a rock. She also found a rear door and a sliding glass door open. Missing from inside the residence was a cell phone, a camera and some clothing. At 11:15 p.m., officers were on patrol in the area of Dwight and Gottingen streets when they drove by two subjects walking on the sidewalk. One of the officers thought he saw one of the subjects drinking from an open container of alcohol. The officers decided to turn back around at the next intersection and check. Sure enough, it was alcohol the two guys were drinking in public. The officers cited the individuals and sent them on their way. As soon as they turned the corner, a resident of the block flagged down the officers. He told them that he had been locking out his window when the officers passed the two subjects the first time before making the U-turn to make contact with the individuals. The resident told the officers that the two subjects, seeing the patrol car turning back, ditched something in the planter in front of his home. After watching the officers cite the subjects, he went to check his planter and found a handgun. The officers took the loaded 9mm Glock semi-automatic pistol from the citizen and quickly scouted the area in attempt to locate the subjects again. The subjects had not made it too far on foot and were quickly apprehended. They confessed to ditching the gun when they saw the cops coming back out of fear they would get arrested. Needless to say, arrested is just what they got.

*On April 28 at 3:38 p.m. on the unit block of Blythdale Avenue, officers located a wanted gang member and took him into custody. The suspect had a no bail warrant for his arrest. At 10:30 p.m. on the unit block of Blythdale Avenue, officers responded to a burglary call. The victim stated that she left her home secured in the morning and returned in the evening to find that the kitchen window had been smashed and the home was entered. The suspect stole an X-Box system and games, a television, and baby clothes.

*On April 29 at 8:25 a.m. on the unit block of Heritage Avenue, a woman reported to officers that she and her brother had a verbal argument in front of her home. She stated that her brother then slapped her across the face and left the area. The victim also stated that her brother threatened to beat up her boyfriend. At 3:09 p.m. on the unit block of Blythdale Avenue, officers were contacted by a white male adult who stated that he had just been robbed in the parking lot of the public housing units. The victim told the officers that he went to the area to meet with a man who was going to sell him an X-Box system that was advertised on Craigslist. The victim met with two African American men, one possibly a teenager. The victim drove with one of the suspects in his vehicle to a parking lot on the 200 block of Blythdale Avenue where the suspects robbed the victim at knifepoint. The suspects stole the victim's money and other property from his vehicle trunk. The victim wrestled the knife away from the suspects. The knife was booked into evidence. The officers searched for the suspects to no avail. At 4 p.m. at Geneva Avenue and Santos Street, officers conducted a fare check during a Muni bus inspection. An officer directed a juvenile male from the bus who did not have proof of payment. Officers began to write the suspect a citation when the suspect attempted to walk away from them. The officers were able to take the suspect into custody after a brief struggle. The suspect was later cited and released at the Community Assessment and Referral Center (CARC). At 11:30 p.m. on the unit block of Alpha Street, officers responded to a robbery call. They searched the area for the suspects to no avail. The victims told the officers that they were standing outside of their home when suddenly two African American males, late teens or early 20s, ran up to them. One of the suspects held the two men at gunpoint while the other went

through their pockets taking their money and other property. The suspects threatened to shoot the victims then ran away on Alpha Street to Wilde Avenue.

*On May 3 at 10:47 a.m. on the 1500 block of Sunnydale Avenue, officers responded to the report of a possible home invasion with multiple other units. They spoke with the reportee who said that she watched from her home as four male suspects broke into the house behind hers. The suspects broke a window to gain entry and left the house before police arrived. There were no residents inside the house, and nothing was reported stolen. At 5:35 p.m. on the 200 block of Blythdale Avenue, officers were on patrol when they were flagged down regarding a burglary. The victim said that she returned home to find that her house had been broken into and that three pieces of jewelry were missing.

*On May 4 at 12:45 a.m. on the 1800 block of Sunnydale Avenue, officers met with the victim of vandalism. The victim said that she was inside her kitchen when she heard the sound of breaking glass. She looked and saw a man she recognized breaking the window. The suspect then fled the scene. At 6:40 a.m. on the 200 block of Ordway Street, officers responded to a residence with a police sergeant. The officers responded later to assist. The officers found the victim bleeding from a wound on the head and summoned an ambulance. The victim then told the officers that he exited his home to buy a newspaper and returned a short while later, entering through the garage. The victim noticed that his car was missing from his garage and that the door leading to the house was ajar. He entered his residence and was struck on the head by an African American adult male, 5'9, 160 lbs. in a black hooded sweatshirt. The victim fell down and was dragged by the suspect into the house. The victim saw that there were three other similarly described suspects in his home. The victim was threatened and made to tell the suspects where he kept money in his home. The victim complied. The suspects found his money and left his residence. The victim's television was also stolen. At 3:58 p.m. at Arieta Avenue and Bayshore Boulevard, officers were sent to investigate a purse snatch incident. They spoke with the Asian female victim who told the officers that the incident occurred while riding the 8X Muni line with her toddler and infant children. The victim told the officers that her backpack was grabbed by an African American boy about twelve years old who then ran off of the bus with another African American boy about the same age. The victim followed after the suspects in the direction she watched them run and recovered the backpack in the garage entrance of a house on Arieta Avenue. The backpack was missing \$300 in cash.

*On May 5 at 7 a.m. on the unit block of Arieta Avenue, officers along with SFPD tactical and specialist officers served a search warrant on a house belonging to a suspect in a theft case. Inside, they found the suspect who admitted to the theft. They also found a loaded handgun which had altered serial numbers. Two suspects were arrested. At 11:44 a.m. on the 1700 block of Sunnydale Avenue, officers were dispatched to the report of a battery. The victim said that she was in her kitchen when she heard her brother yelling outside her door. She opened the door and her brother spit on her and then bumped her. The brother was apparently upset because the victim had yelled at him for knocking on her door late at night earlier in the week. The suspect had fled the scene.

*On May 6 at 6:12 p.m. on the unit block of Blythdale Avenue, officers were dispatched to the report of a burglary. The victim said that she arrived home and found that her rear window had been smashed. She then discovered that her dog had been stolen from the house. The dog was a Chihuahua/Poodle mix.

*On May 7 at 7:20 a.m. on the 100 block of Tucker Avenue, officers responded to a residence which had been burglarized and spoke with the resident. The resident returned to her home to find that a window was broken and jewelry stolen. She also showed the officers that there was blood in the residence and that one of the other housemates had a freshly cut hand. The suspect was gone upon their arrival. At 9:44 a.m. on the 100 block of Delta Street, a witness to a burglary called for police assistance and officers responded. The witness stated that five African American males were seen loading property from his neighbor's house into two vehicles. The witness then saw the suspects flee the scene in the same vehicles. The residents of the burglarized home recalled seeing one of the suspect vehicles in the area when leaving for work and felt the occupant of the vehicle looked suspicious. The vehicles were described as a blue Nissan Altima, and a white 4-door Honda, both '90s model vehicles. At 9:47 p.m. on the 1700 block of Sunnydale Avenue, officers conducted a traffic stop on a vehicle

for an equipment violation. The driver was found to have a warrant for his arrest and was subsequently taken into custody and booked.

*On May 8 at 10:30 a.m. on the 400 block of Campbell Avenue, officers responded to an attempted burglary call and found that the victim's security gate had been tampered with and damaged. A neighbor of the initial victim found damage to the security gate on his home as well. At 11:15 a.m. on the unit block of Blythdale Avenue, a woman was sitting on her couch when she received a call from her son telling her to lock her doors as there were "thugs" outside of her house. She no sooner hung up when she heard noises upstairs. The victim armed herself with a meat cleaver and began to walk up the stairs. The suspect, African American, 6'0", 180 lbs. wearing a blue knit cap, black hooded sweatshirt, and jeans, began to walk down the stairwell toward her. The victim backed up so she "could take a good swing at him" but he got past her and exited the residence. There was no property stolen. At 12:07 p.m. in McLaren Park, an officer and a police sergeant responded to a person with a gun call. Numerous other units responded to the area and it was soon learned that two men had been robbed at gunpoint while walking in the open space area of McLaren Park. The officers began searching for the suspects and after diligent and extensive searching located and took the two brazen juvenile suspects into custody. At 12:30 p.m. in McLaren Park, the two African American juveniles from the above incident did not go far before scooping out their next victims. A young man walking through the park was robbed at gunpoint by the same two suspects. Officers conducted the investigation. The victim viewed the suspects and identified them. Both suspects were booked at the Juvenile Justice Center. At 12:31 p.m. at 166 Brookdale Avenue, while searching the area for the two robbery suspects, Officers came across a man in the area who roughly matched the suspect description. They conducted a computer query of the man and found that he had a warrant for his arrest. The subject was taken into custody and booked.

*On May 9 at 1:32 p.m. on the 100 block of Gamson Avenue, officers were conducting a traffic stop when another man began to talk to the driver of the car through a window. The officers advised the man to step away from the vehicle for everyone's safety, but he became agitated and hostile. The man was taken into custody and charged with obstructing an investigation.

*On May 13 at 1:10 p.m. on the 100 block of Bnton Street, officers responded to a battery call. The officers contacted all of the parties and discovered that the fight was between two women. The women are the current and past girlfriends of the witness in the report. There was a physical fight started by the ex-girlfriend who brandished a knife at the victim. Both women sustained minor injuries. The suspect was taken into custody and booked. At 2 p.m. at 8 Tioga Avenue, a burglary call was dispatched and officers answered the call. The officers met with the reportee who showed them that the home had been ransacked. The daughter of the homeowners discovered the burglary while visiting the house while her parents were away for the day. The homeowners quickly returned to their home and discovered that the suspect(s) entered the home through the rear sliding door by forcing it and exited via the front door. The suspects stole money and small electronics from the home. At 4 p.m. in McLaren Park, officers responded to a robbery call. The white female victim told the officers that she was walking alone down a trail in the park when she noticed two African American or Samoan males walking up to her from behind. One of the suspects told her that he was going to take her purse, and after a very brief struggle, and fearing for her safety, the victim relinquished her property. The two suspects then ran away together up the hill toward Visitacion Avenue and Mansell Street. The suspects were further described as 16-17 years old, both about 5'9" and 200 lbs. and wearing black clothing. At 8:41 p.m. on the 1300 block of Geneva Avenue, while on uniformed patrol, an officer observed a male subject exit a residence known for narcotics use and distribution. The officer contacted the man at a nearby bus stop and found that the subject was on probation. The officer conducted a search of the subject and found that he had an air-gun in his possession, which is illegal in San Francisco. The man had a realistic looking appearance. The man was later cited and released for the offense.

*On May 14 at 10:10 a.m. at Brookdale Avenue and Santos Street, officers were on

patrol when they saw two men who they recognized as having outstanding warrants for their arrest. The officers tried to stop the men, who then ran off. One suspect was chased until he ran into an open apartment and looked himself in. The suspect surrendered himself and was taken into custody. The other suspect was located inside the apartment of a nearby friend, and was arrested. At 3:41 p.m. on the unit block of Brookdale Avenue, officers went to the residence of a woman who they knew to have an outstanding warrant. The woman was initially not at home, but later arrived after being called on her phone by another person in the house. The woman was taken into custody. At 7:58 p.m. on the 1500 block of Sunnydale Avenue, officers were dispatched to the report of vandalism. The victim said that she has been the recent target of multiple incidents of vandalism. The victim has had eggs thrown at her door, windows broken and doors damaged. The victim believed that this was being done by juveniles in the area.

*On May 15 at 1:37 p.m. at Geneva Avenue and Carter Street, officers were ending a Muni coach when they observed a man enter the bus through the middle doors. They contacted the man and were told that he did not have a Fast Pass or a transfer as proof of payment. The officers escorted the man from the bus. The young man identified himself with a false name and birth date which the officers discovered by running a computer check. The officers transported the man to Ingleside Station where they were able to discern his true identity. The man was cited and released.

*On May 16 at 5:48 p.m. on the 2000 block of Geneva Avenue, officers responded with numerous other Ingleside Station and Daly City PD officers regarding an attack of a passenger on a Muni coach. A Daly City officer had three suspects detained who were later positively identified by the victim and witnesses. The victim sustained head, face and body injuries from being punched and kicked by the suspects. The officers discovered that the suspects were all members of the same criminal gang and that the attack was gang motivated. All three suspects were booked for the offense. At 8:15 p.m. on the 300 block of Mansell Street, officers investigated a robbery call. The victim stated that he got off of one Muni bus to transfer to another. He called his father from his iPhone to let him know that his next bus would not be arriving for 40 minutes. As soon as he hung up the phone, someone grabbed it from his hand. The suspect, a Hispanic male, 20-25 years old, 6'0", 210 lbs., wearing all black clothing, grabbed the victim by the shirt collar and threatened him. The suspect then ran away with the victim's phone.

*On May 17 at 7 a.m. on the 200 block of Leland Avenue, officers responded to a theft report at a construction site. The foreman at the site told them that two 50 foot lengths of power cord had been cut from the transformer and stolen overnight. At 9 a.m. on the unit block of Leland Avenue, officers responded to a burglary at a business. They met with the victim who told them that two laptop computers had been stolen from the business. The victim showed the officers that a rear storage area had been entered through a window and that access to the business was achieved. There was an unknown amount of additional loss. At 2:51 p.m. on the 1800 block of Geneva Avenue, officers were dispatched to the report of some type of malicious mischief. They spoke with the victim who said that when he exited his house, he noticed that someone had put graffiti on his garage door.

*On May 18 at 7 p.m. on the 3600 block of San Bruno Avenue, officers prepared a report regarding stolen hub caps. The witness reported that he saw an Asian male, 25-30 years old, wearing a gray hooded sweatshirt, blue jeans and black shoes near the vehicle. The witness later saw that the hubcaps were missing from the car.

*On May 19 at 6:45 p.m. on the 200 block of Argonaut Avenue, officers met with the victim of vandalism. The victim said that someone broke the right rear window of her car.

*On May 20 at 3:30 a.m., officers responded to a call of a robbery that occurred in the area of Brussels and Dwight streets. The male and female victims had stopped their car in front of the female's parents house. She went inside to get some items as her boyfriend waited outside in the vehicle. During this time, a lone suspect walked up to the vehicle and pointed what appeared to be a gun at the male victim. The suspect demanded money, reached into the car, and grabbed the Louis Vuitton signature purse that was sitting on the passenger seat. The suspect fled on foot. The officers were unable to locate the suspect after an extensive search of the area. There were no injuries as a result of this incident.

Police Cases

At 11:47 a.m. on the unit block of Leland Avenue, officers responded to the report of a theft. The victim said that she came to the front of her store and saw a man putting two pairs of sunglasses into his pocket. When confronted the man put the two pairs back and left the store. The victim watched security footage and discovered that the man had actually take three pairs of glasses. He was described as an African-American male (5'8", 170 lbs.) wearing a black jacket and a striped shirt. At 7:02 p.m. on the 200 block of Arleta Avenue, officers responded to the report of a burglary. The victim said that he came home and found two males inside his living room. They saw the victim and ran out of the house, taking some trading cards with them as they left. They were described as two African-American males (about 5'4") wearing dark clothing.

On May 22 at 4:33 p.m. on the 1200 block of Brussels Street, officers were dispatched to the report of a theft. The victim said that he received a call from someone who had found a UPS package which was supposed to be delivered to him. The victim said that the UPS package was supposed to have been delivered the day before but never made it to his door. On May 23 at 6:02 a.m. on the 200 block of Blythdale Avenue, officers were dispatched to the report of a theft. The victim said that she came out of her house to find that a man was standing the open driver's side door of her car. The suspect was described as an African-American male (6'00", 180 lbs.) wearing a black hooded sweatshirt and black pants. The suspect got into a white 2-door Acura and drove away from the scene. Missing from inside the car were some speakers. At 6:14 a.m. on the

200 block of Blythdale Avenue, officers were dispatched to the report of an auto-burglary. The victim said that he returned to his parked vehicle to find that it had a shattered window. Missing from inside the vehicle was a stereo.

Police Summaries

- *Apr. 23 9:14 p.m., Bayshore and Blanken Aves., traffic collision
- *Apr. 26 6:51 p.m., Wilde Ave. and Rutland St., traffic collision, hit-and-run
- *Apr. 29 4 a.m., Unit block of Castillo St., stolen auto
- *Apr. 29 7 a.m., 500 block of Leland Ave., stolen auto
- *May 4 7:30 a.m., 200 block of Ordway St., stolen auto
- *May 4 8:10 p.m., Unit block of Campbell Ave., stolen auto
- *May 5 11:15 a.m., Unit block of Cambridge St., recovered auto
- *May 5 12:48 p.m., 2000 block of Bayshore Blvd., recovered auto
- *May 5 1 p.m., 100 block of Brookdale Ave., recovered auto
- *May 6 11:07 p.m., 200 block of Blythdale Ave., recovered auto
- *May 8 10:27 p.m., 100 block of Garrison Ave., unlicensed driver
- *May 12 3 a.m., 200 block of Hahn St., stolen auto
- *May 12 2:20 p.m., 1600 block of Vistacion Ave., recovered auto
- *May 13 8 a.m., Gamson and Sunnysdale Ave., stolen auto
- *May 15 3:50 a.m., 200 block of Hahn St., stolen auto
- *May 17 12:16 p.m., 1400 block of Vistacion Ave., recovered auto
- *May 17 1:30 p.m., 2100 Bayshore Blvd., stolen auto
- *May 23 11:20 a.m., 200 block of Blythdale Avenue, recovered auto

Captain Louis Cassanugo of Inglewood Station and Captain Greg Suhr of Bayview Station contributed to this report.

Visitation Valley History Project

Anna Stuart Johnson

by Betty Parshall

Anna Stuart Johnson was born in 1914. Her mother was born in Scotland, her father in Winnipeg. They met in Canada, and when her mother's family moved to California, her father followed and they married in Sacramento. When Anna was expected, her grandfather came from Canada to visit and insisted that his grandchild was not to be born in Rough and Ready, so her parents returned to Canada for her birth.

When Anna was nine months old the Stuart family came back to California. Anna's father found work at the Southern Pacific Railroad. The family lived on San Bruno Avenue until they were able to buy a lot on Tioga and build a house. Initially there were just three rooms, but later it was enlarged. Anna related that her father picked the site so he could walk to and from his job at the railroad yards.

The building was done with help from Mr. Larson, a ship's carpenter who had built his own home on Wilde Avenue. The Larson house backed up to the Stuart's, and Violet Larson became Anna's best friend. The girls could climb over their back fences to visit and play.

"I remember Violet and I, when we had vacation and wanted something to do we'd walk to where the Cow Palace is now, and we just loved to pick flowers, we'd get a handful of lupines and pansies, all the places where there were flowers ... and then by the time we'd get home they were dead. We had the whole Valley, it was great, yes, we had some good times.

Anna attended the kindergarten on Wilde Avenue. "I could go out the back door and through the lot. I think Violet went there too."

There were so few houses Anna would walk down the hill across the vacant land to attend Visitation Valley Elementary School and St. James Sunday School. "My mother was annoyed, you could go to school when you were 5 years and 9 months ... and I was lacking two months or so, they wouldn't let me. I had to wait 'til I was six."

Walking across the hill to the Valley wasn't always easy. "I know one time we had a windstorm. It was near Christmas, and my father was going to take me to church. We had no sidewalks, we walked through the lots. I le had my hand and all of a sudden he let go of my hand and the wind blew me back ... he had to go back and get me."

"I came up the hill for lunch from school sometimes, a good hike. One day my teacher asked me to go to the store for her to get her a can of soup for her lunch. I'd have to go all the way down Leland Avenue to get the soup and I didn't want to do that but I didn't like to say no, so I ran all the way down there and got the soup and ran all the way back, ran all the way up the hill to get my lunch, and then had to run back to school. I hated to do it but I daren't say no, in those days you didn't do that." Anna and Violet took violin lessons at the Visitation Valley Community Center and she remembered the celebration that dedicated parkland to John McLaren. "My friend Violet and I were on a float, poised with our violins. I don't remember much else about it, but I do remember that ... we had a parade."

When asked if she ever played on the beach at Candlestick Cove, Anna had a delightful story.

She and three friends took a lunch and went to sit by the water. "And all of a sudden a bottle came up on shore, and one of the kids said



wouldn't it be fun if we wrote our names and what we are like and put it in the bottle?"

The note-laden bottle was sent back out in the water.

"And I never thought anymore about it, and oh, it must have been over a year and this guy calls me up, he said well, he found the bottle, and I said no kidding, where'd you find it, and it was way over in Alameda.

And he had a boat, nice guy, and later he phoned and made a date with me and we went to the movies. "And then he said he was buying a new boat and wanted me to go out on it. I said no, I couldn't do that, my mother wouldn't like it for one thing, and I'm not crazy about sailboats 'cause you never know when you can get back ... and then, the years went by and he called again ... so that when on and then I got married, and then one day the phone rang and my mother answered and he wanted to talk to me and my mother said 'Oh, I'm sorry, she's married, so that was that. And I often think ... well, that was the story of the bottle."

Excerpts from the oral history of Anna Stuart Johnson, August 2003. Anna passed away August 27, 2005.

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Visitacion Valley Business Directory

Valley free listings in the 415 area code
Call the Grapevine at (415) 467-9300.

AQUARIUM
• DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
ART
• J.M. ASIAN ART, 130 Leland Ave., 828-3328
AUTOMOTIVE
• BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
• BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
• BROTHER'S AUTO BODY, 2520 Bayshore Blvd.
• CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
• TIGER'S AUTO BODY, 23 Industrial Way, Bnsbanc 94005, 467-6866
• TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
• BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
• LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
• BARBERSHOP, 3570 San Bruno Ave., 724-4398
• EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
• THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
• AS YOU R, 170 Leland Ave., 756-1450
• BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
• CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
• HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
• NAILS BY JENNY, 50 Leland Ave., 333-6800
• SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381
BLIND CLEANING
• SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARING HOUSE
• ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
• AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
• VERNIA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
• HANSEN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
• CHURCH OF THE VISITACION, 655 Sunnydale Ave., 494-5517, fax 494-5513
• IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
• KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
• RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
• ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
• VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
• VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
• CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
• HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
• JOE LELAND CAFE, 28 Leland Ave.
CREDIT UNION
• NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
• CAROUSEL DAY CARE, 261 Hahn St., 469-5353
• STARBRITE DAYCARE, 298 Arieta Ave., 656-1887
DENTIST
• VISITACION VALLEY DENTAL OFFICE (Albert Kuan, D.D.S.), 37 Leland Ave., 239-5500
DEVELOPERS
• VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
• TATE ELECTRIC (Joel Tate), 467-4657
FLOORS
• TEDDY B'S HARWOOD FLOORS, 309-6342
FLORISTS
• IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
FURNITURE REFINISHING / HANDYMAN
• AMAZING MAYS HANDYMAN SERVICE AND FURNITURE REFINISHING, 6220 3rd St., 368-3129
GARDEN ORNAMENTS
• SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
• CASA LOREZ PRODUCE, 58 Leland Ave., 586-4745
• E-Z STOP MARKET, 2203 Geneva Ave., 586-9240
• LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
• LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
• M & M SHORTSTOP, 2145 Geneva Ave., 586-0878
• PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
• 7-11, 2200 Bayshore Blvd., 468-8646
• SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
• TEDDY'S MARKET, 298 Teddy Ave.
HERBS
• SAN ON HERBS, 33-A Leland Ave., 333-7469
HYPNOTHERAPY
• VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
• EOIE EPRS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
• ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
LANDSCAPING
• SAN FRANCISCO LANDSCAPES (Lic. # 932022), 256 Talbert St., 585-9137, slandscapes.com
LAUNDRY CLEANERS
• BAY WASH, 44 Leland Ave.
• CITY WASH, 83 Leland Ave., 333-9467

COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
• FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
• HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Ray St., 586-8700
• JOHNNING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
• VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
• VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5665
• VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
• VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
• SEES CANDIES INC., 345 Schwenn St.
MARTIAL ARTS
• KUK SOOL WON, 189 Leland Ave.
MEDICAL
• AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
• HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
• DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
• NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
• NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
• PORTOLA FOOT & ANKLE CLINIC (Dr. Dnyang Patel), 2858 San Bruno Ave., 467-7500
ORGANIZATIONS
• ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
• WILLIE BROWN JR. TEEN CENTER, 1662 Sunnydale Ave., 584-6099
• CHINESE FOR AFFIRMATIVE ACTION IN VISITACION VALLEY, 1099 Sunnydale Ave., 597-5779
• GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
• GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
• JOHNNING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
• LELAND HOUSE, 141 Leland Ave., 406-2000
• ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
• SUNNYDALE BOYS & GIRLS CLUB, 1664 Sunnydale Ave., 584-5028
• SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave., 841-1683
• VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
• VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
• WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
• MARK VOELKER PLUMBING, 99 Arieta Ave., 467-7401
POST OFFICE
• VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
• JUSTYNA TO, (Realtor, Coldwell Banker), 830-1235
• LAFLUE, WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
• RYDAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
• CATHY KLINE SAUNOERS (Zephyr Real Estate), 215 West Portal Ave., 731-5011 ex. 163
RESTAURANTS
• BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023
• HAPPY FAMILY FAST FOOD, 107 Leland Ave., 333-8999
• G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
• LUAN FAT BAKERY, 110 Leland Ave., 585-1167
• NAYANT TAQUERIA, 98 Leland Ave., 587-7721
• TWO JACKS, 167 Leland Ave., 337-0433
SCULPTOR
• CART ORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138
SELF-DEVELOPMENT
• DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608
SERVICE PROVIDERS
• CLAER PROJECT, 1099 Sunnydale Ave., Ste 323, 333-3017, fax 587-7481
• THE VILLAGE, 1099 Sunnydale Ave., 239-5045
• VISITACION VALLEY BAPTIST CHURCH OUTREACH CENTER, 57 Leland Ave.
• VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave.
• VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
• VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
• VISITACION VALLEY BUSINESS OPPORTUNITIES AND OUTREACH TO MERCHANTS, 225 5969
TELEPHONE
• O & A WIRELESS, 78 Leland Ave., 452-4139
VARIETY
• GOLOEN 99 CENTS ZONE, 5 Leland Ave., 333-3923

Grapevine Puzzler World's Biggest Cities 7

I A S D R Y O K O H A M A U I U T F D D
L A S E E E R L U K U H G F D S S C G Y
A P B G H Y O R T N R E D S A I G Y L F
C B A U S D P F G H M F D N D U F G I G
C N L T D N P G C X V I A C V O F F N H
V G T Z N D A D C Z D A N F Y L G O J M
D R I B R A S I L I A H H G P T T I A R
R B M Q O C X F T Y G C T X A S Y N H S
O G O W G N A Y O A H C C I E H A C J D
G T R C R X N D F G H C Y R V V Y H L F
U R E O T V T R F X M U P R A H T E P T
I D B L T B F F V D A F E H N N Y O O Y
Y F N O R T C W C N G V J X C B T N J U
A D G M D V E A F G N H K C O V G V G K
N F F B X C X R Z E X C F G U X H H F L
G T C O V G H S D H M H F D V V N V C U
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N S G G F D G W H J M T S E R A H C U B
J D V B G T D S A D F U O H Z G N E H Z
U Z X E T R F D T F D U G F C R T L T M

Historic Proportions

1849

Match clues to answers.

1. United States Department established on Mar. 3.
2. Surrendered to Austrian troops on Aug. 24.
3. Declared independence from Austria on Apr. 14.
4. A United States territory on

As a Matter of Fact

- *The average flea is only one-eighth inch long but can jump up to 13 inches.
- *One person can take care of up to 200 cattle.
- *A young partridge is called a cheeper.
- *The custom of hanging up mistletoe at Christmas dates back to the Druids, an ancient people of Britain.
- *The first vaccination ever given was to eight-year-old James Phipps of England.
- *When grackles fly, they fold their tail feathers upward and use the tail to steer.
- *Archeologists believe pottery was invented about 12,000 years ago.
- *The gentoo penguin can swim at speeds up to 17 miles per hour.
- *Eschatophobia is the fear of ending all things, and the need to escape an imagined destruction.
- *The human brain is about 80 percent water, which makes it more watery than human blood.
- *Neon gas was named for the Greek word for new.
- *The European country of Monaco is named for Hercules. Its name comes from Monoikos, Hercules' Greek surname. The Phoenicians, and later the Greeks, had a temple honoring the legendary strongman on the Monaco headland.
- *Although today the process is purely decorative, it is believed that ears were originally pierced in a ceremony to let demons out of a person's head.
- *A group of kangaroos is called a mob.
- *The energy in an average hurricane could power the U.S. for three years.

Grapevine Five Years Ago

JUNE 2005

*Mayor Gavin Newsom on May 12 joined in a ceremony to celebrate the opening of the Burton High School Wellness Program

Mar. 3.

5. On Mar. 5, U.S. President took his oath of office.
 6. On May 17, a steamboat caught fire and nearly burns down an entire city.
 7. First U.S. President to have his photograph taken on Feb. 14.
 8. A constitutional monarchy on June 5.
 9. Texas city founded on June 6.
 10. French troops occupied city on July 3 as republic surrendered.
 11. Abolished on Jan. 31 in United Kingdom.
 12. Annexed by the United Kingdom on Mar. 29.
- A. Zachary Taylor
B. Hungary
C. St. Louis
D. Venice
E. Fort Worth
F. Com Laws
G. Punjab.
H. Interior
I. Rome
J. Denmark
K. James Polk
L. Minnesota

Answers: 1-H, 2-D, 3-B, 4-L, 5-A, 6-C, 7-K, 8-J, 9-E, 10-I, 11-F, 12-G.

SEZ WHO?

Match quotes to speakers

1. "There is no avoiding war. It can only be postponed to the advantage of others."
 2. "I am not an adventurer by choice, but by fate."
 3. "There is only one step from the sublime to the ridiculous."
 4. "If you want to know about a man, you can find out an awful lot by looking at who he married."
 5. "A poet can survive anything but a misprint."
 6. "Science is all metaphors."
 7. "I hate housework. You make the beds, you do the dishes—and six months later you have to start all over again."
 8. "That's what show business is—sincere insincerity."
 9. "Consumers are statistics. Customers are people."
- A. Timothy Leary
B. Joan Rivers
C. Niccolo Machiavelli
D. Stanly Marcus
E. Benny Hill
F. Kirk Douglas
G. Napoleon Bonaparte
H. Vincent Van Gogh
I. Oscar Wilde

Answers: 1-C, 2-H, 3-G, 4-F, 5-I, 6-A, 7-B, 8-E, 9-D.

Events in June at the Valley Branch Library

Following are events in June at the Visitacion Valley Branch Library, 45 Leland Ave.

*June 8, 15, 22 and 29, Tuesday: Family Storytime, songs, stories and rhymes for children of all ages from 11:30 a.m. to 12 noon.

*June 8, Tuesday: Bubble, Bubble, Bubble from 10:30 to 11:15 a.m. Bubble Lady is coming with this exciting and amazing bubble show.

*June 9, Wednesday: Sweet Candy Sushi from 2:30 to 4 p.m. Kick-off this year's Teen Summer Reading Contest at the Visitacion Valley Library. We'll be making yummy, sweet sushi out of marshmallows, cakes and candy. Prizes for teens who sign up for Teen Summer Read! For ages 12 to 18.

*June 10, Thursday: Letter Hunting from 4 to 5 p.m. Find the letters scattered inside the Library and put them together to make words. If you can come up with at least five different words, you will get a prize.

*June 15, Tuesday: Magic and Balloon Show from 10:30 to 11:15 a.m. Super Happenings Always Possible. Come see Mr. Shap, a magician and balloon artist, performs a wonderful, fun-filled magic show.

*June 17, Thursday: Drop-in Craft from 4 to 5 p.m. Drop in to make a surprise craft.

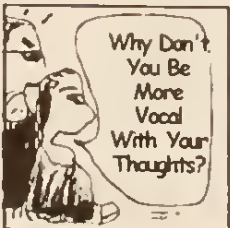
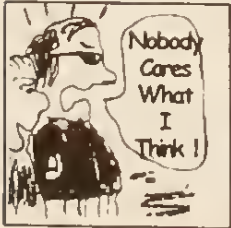
*June 22, Tuesday: Princess Mermaid puppet show by Nick Barone from 10:30 to 11:15 a.m. The Princess Mermaid takes the audience on a musical adventure beneath the sea. This original story is filled with beautifully hand-crafted puppets and is designed to delight families, children of all ages.

*June 24, Thursday: Paper Marbling from 5 to 6:30 p.m. Jamie Chan from Urban Fauna Studio will teach Suminagashi — the ancient Japanese technique of paper marbling with inks and water. Participants can try their hand at different techniques in Suminagashi marbling on heavy-weight papers. Once they are dry, these marbled papers can be used for collage, scrapbooking or just framed as an art piece.

*June 29, Tuesday: The Whale Bus from 10:30 to 11:15 a.m. The Marine Mammal Center van brings the world of marine mammals to Visitacion Valley Library. The presentation includes hands-on activities and exploration of specimens, and will teach about the lives of marine mammals as well as the bigger picture of caring for the marine environment.

*June 30, Wednesday: Teen Gaming Day from 2:30 to 4 p.m. Get your game on at the library this summer. Battle your friends on the Wii! Ages 12 to 18.

Sump, the Grump



Grapevine on the Web

Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com.

NAPS

Things Expected with Climate Change

by Kitty Beer

Can't imagine what it could be like? Here are five things your grandchildren can expect with climate change.

Whether it happens in 2040 or 2060, the warming planet will force drastic changes in our comfortable way of life. People's response to this fact ranges from fear to denial or anger. It may help to put a face on our unknown future.

For starters, tune into the empathy you felt for folks hit by Hurricane Katrina. What if that weather quadrupled in force and slammed into the whole country at once?

1. Mass Migration

We see it happening all the time around the world. Events like drought and war force people to leave their homes and head for safer ground. Most often they have nowhere to go, and end up in vast crowded camps or makeshift shanties. In the U.S., when the heat becomes unbearable and the crops die, folks will take to the road, heading north. Canada will look like a haven, until it becomes clear that nature's chaos reaches there too.

Migration will also be caused by the flooding of our coastal cities. Sea-level rise will empty Boston, New York, Los Angeles, San Francisco, etc. Where will folks go? Americans will be setting up camps and shanty towns as disease ridden and unsanitary as anywhere else.

Of course, our doctors and medical practices are topnotch. But what happens when they run out of supplies?

2. Unpredictable Seasons

Last winter blizzards raged in Washington D.C., while Toronto, Canada hardly got snow at all. Any old timer can tell you that's way weird—they don't need scientists to tell them something's swinging out of whack with the weather. We all know spring is coming earlier and earlier. It doesn't take rocket science to see where this is going. In just decades, farmers won't be able to predict the seasons accurately enough

to know when and what to plant. April could mean drought or tornadoes or snow, anywhere. February could bring heat waves, July could bring sleet. Earth's delicate system is being thrown off balance. Folks with foresight are already trying to plan for this upheaval, for example exploring which crops do best in all kinds of weather.

3. Political Chaos

With Washington D.C. mostly under water, the federal government will relocate, probably to the Midwest, say Chicago. But with so many countless emergencies and disasters all at once everywhere, it won't take long before the feds lose control. Power will revert to the state level, but that too will begin to fragment. This kind of political chaos always results in power grabs. Sometimes it will be handits or cult gurus, sometimes police forces hastily formed by groups banded together. When their families are threatened, people naturally gravitate to any stabilizing force. It will be easy for autocrats to consolidate mini empires, sort of like Mafia territories.

4. Human Rights Lost

The first victim of political and social chaos is the rule of law. Without enforcement, laws are soon weakened and broken, especially human rights. Of these, society's protection of women and children tends to fracture first. Women will find themselves once more oppressed and exploited, their behavior dictated. Don't forget, it's been only about a hundred years since American women were allowed to vote or own property. Habeas corpus, which prevents jailing someone without a reason, is another right that disappears quickly in times of extreme stress. It was even suspended in our own time, during the panic following the 9/11 attack in New York.

5. Resource Wars

It would be nice to think that all this fear and suffering would result in empathy and kindness; after all,

we're in this together. But unfortunately, history proves the opposite. Even with full realization of the damage fossil fuels have done, powerful authorities might want to continue using them, if only for their military forces. So wars over oil will probably continue.

The most sought after resource will be clean water. Drinkable water is a problem in many places today. You've seen the images on TV: swollen bellied kids crouching on dusty ground, clutching like treasure a small cup of water. And you've heard about what happens too often to people driven to risk drinking polluted water, the sickness and death that can result. Whole lakes are drying up. Wars over water are already occurring, and they will greatly increase in coming decades.

People will still love each other and care deeply about their families and friends. They will tell their children what Earth used to be like, though these images will seem more and more fantastic to generations used to wild, cruel weather swings, privation, and lawlessness.

We can hope that, eventually, Earth will recover its balance, and humans get another chance.

June Composting Class

Give your summer garden a boost that will guarantee vibrant colors and tasty veggies for the months to follow at a free class at Garden for the Environment, 7th Ave at Lawton Street on Saturday, June 5 from 10 a.m. to 12 noon.

Aside from encouraging beneficial soil organisms and conserving a non-renewable resource, composting makes an excellent fertilizer that releases nutrients slowly at a rate which the plants can use them.

This fun, hands-on class teaches methods for backyard and worm composting for home and community gardens. Come learn what you can do to improve your garden and prevent organic waste from ending up in the landfill.

Protect Personal Information on Vacation

by Jason Alderman

This is the time of year when many people finalize their summer vacation plans—confirming travel and lodging reservations, dusting off suitcases and looking for games to occupy the kids on long road trips. Just be sure that when your brain goes into vacation mode, you don't ignore the same precautions you take during everyday life to protect your personal information.

Here are a few safeguards to keep in mind:

Guard your itinerary. In the old days, police warned against sharing too much information about funerals and marriages in the newspaper, for fear robbers would target empty homes. But these days, many people think nothing of sharing their vacation schedules on social networking sites or in outgoing phone or email messages.

Sure, you might only share your plans with a few friends, but who's to say they won't inadvertently pass it along to someone you don't know? Plus, no matter how carefully you shield your plans, your kids might have no such reservations with their online friends. Consider instituting a family rule that no vacation plans or photos get posted until you're safely home.

Streamline your wallet. It's never wise to carry too much information—or cash—in your wallet, but that's especially true when traveling. Bring two credit or debit cards, in case one inadvertently gets damaged or deactivated by the card issuer because of suspected fraud, but leave the rest at home. Also, never carry your Social Security card or other sensitive papers—leave them safely locked up.

But do carry your health and car insurance identification. Also,

photocopy or make a list of your wallet's contents (and passport, if traveling abroad) and keep it in a secure, locked location, such as a hotel safe; and leave a copy with someone at home you can call in the event your wallet is stolen.

Card precautions. Let the financial institution that issues your credit and debit cards know when and where you'll be traveling so they can be on guard for unauthorized transactions. While you're at it, make a list of their toll-free fraud hotlines in case of theft and carry it separately. I also program these phone numbers into my cell phone for quick access.

Beware of card skimming, where dishonest restaurant or store employees use a portable card reader to copy information from your credit or debit card's magnetic strip. Also avoid using unusual-looking ATMs because they could have an altered card slot and hidden cameras that can be used to steal your account information and password.

Computer precautions. Whenever logging onto the Internet on your laptop at a Wi-Fi hotspot, hotel business center or other public facility whose server may not be encrypted, be extra cautious before doing online banking or other password-protected services.

Safeguard your home. If no one will be house-sitting while you're away, have your mail held at the post office. Also, suspend newspaper subscriptions and ask a friend to remove fliers, packages or tree newspapers.

For more tips on preventing identity theft while traveling, visit the Privacy Rights Clearinghouse (search "vacation" at www.privacyrights.org), the FBI (search "Be Crime Smart" at www.fbi.gov) and the Federal Trade Commission (search "ID Theft" at www.ftc.gov).

Visitacion Valley Family and Community Services Center



For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigration documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.), education workshops, referrals to other services

Drop-In Consultation with Mental Health Consultant

Every Thursday,
June 3, 10, 17 and 24,
1 to 5 p.m.

Call (415) 342-4364 for appointment.

Mental Health Consultant can help support you and your family in these and other areas by providing information, support, and referrals for where to get appropriate services

Family Fun Literacy

Thursday, June 3 and 24:
4:30 to 5:30 p.m.

Free refreshments, arts and craft materials

Male Involvement Group

Saturday, June 12
12 noon to 2 p.m.

Free refreshments, childcare



June 2010 Activities

Enhanced Information and Referral

Every Monday Through Friday
June 1 to 30, 9:30 a.m. to 5:30 p.m.

Chinese Support Group

Friday, June 11 and 25, 9:30 to 11 a.m.

Eight Weeks Parenting Class

Learn to understand tips on parenting and what to expect at your child's age of development.

Speaker: Peggy Abdo, IMFT

Every Tuesday, June 1 to June 22,
4:30 to 5:30 p.m.

For more information, please contact the Family and Community Services Center staff:
Van Lam, Marichelle Punzalan,
Jack Kwong and Kevin Blackwell



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Cathy Kline-Saunders

Swimming with her twin sisters at Russian River

Circa 1958



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